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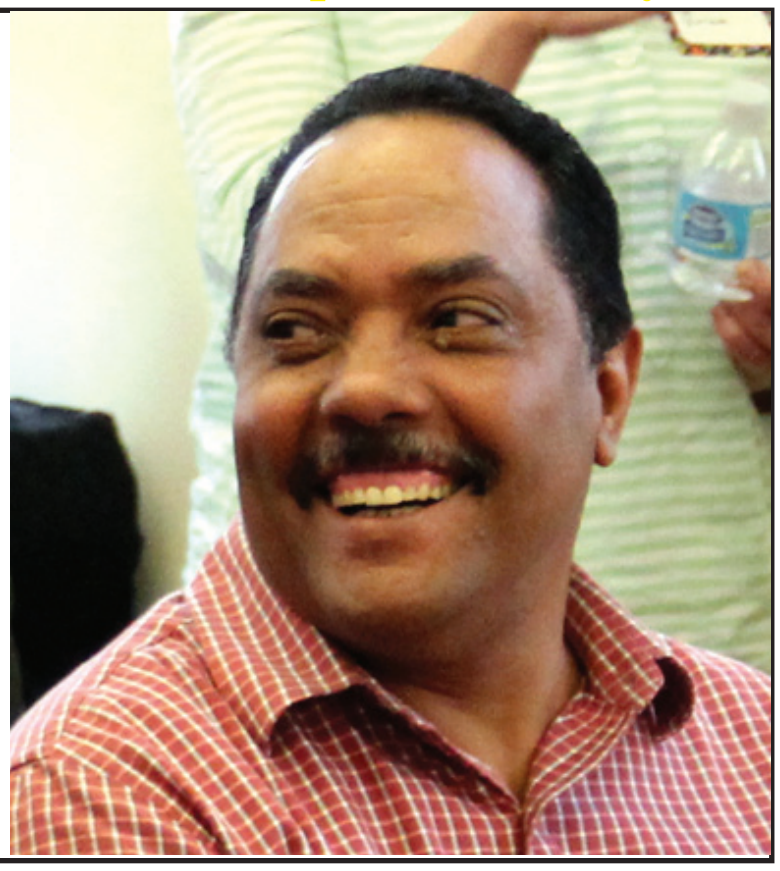

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Valley Patriot of the Month

HEROES IN OUR MIDST - HAROLD PARAGAMIAN , WWII

NORTH ANDOVER - Merrimack College awarded a Bachelor of Arts degree to Methuen resident Harold Paragamian on June 2.

Mr. Paragamian, 90, took occasional classes at Merrimack between 1969 and 1998, earning an Associate's degree along the way. A recent audit of his courses determined he is eligible for a Bachelor of Arts in Liberal Arts, which will be dated 1998.

He told an interviewer in 2010, "You're never too old to learn."

An Army veteran of World War II, Mr. Paragamian earned four campaign stars during 14 months of fighting, from Normandy to the Rhineland, with the 113th Cavalry Reconnaissance Squadron. He retired in 1995 after 40 years working at Fort Devens in Ayer.

Merrimack College was founded in 1947 by the Order of St. Augustine at the behest of then-Archbishop Richard Cushing, who was responding to the concerns of a Merrimack Valley manpower commission that returning World War II servicemen needed to be educated for the civilian workforce.

Mr. Paragamian has been active in the local Armenian-American community and a regular attendee of St. Gregory Armenian Apostolic Church.

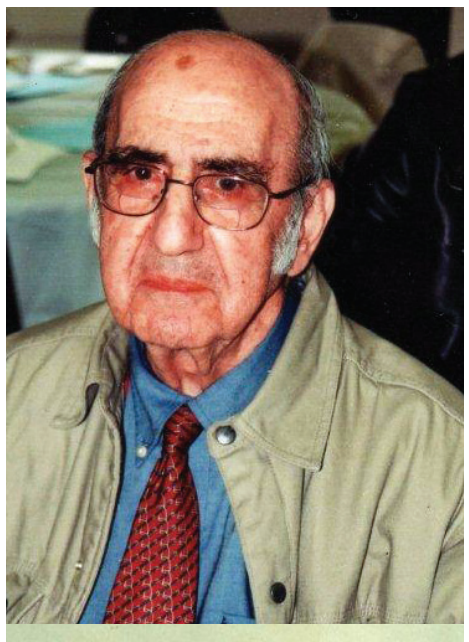
The diploma was presented by Merrimack College President, Christopher E. Hopey in a ceremony in Our Mother of Good Counsel Chapel. Many of Mr. Paragamian's friends and family attended and joined a reception after the ceremony.

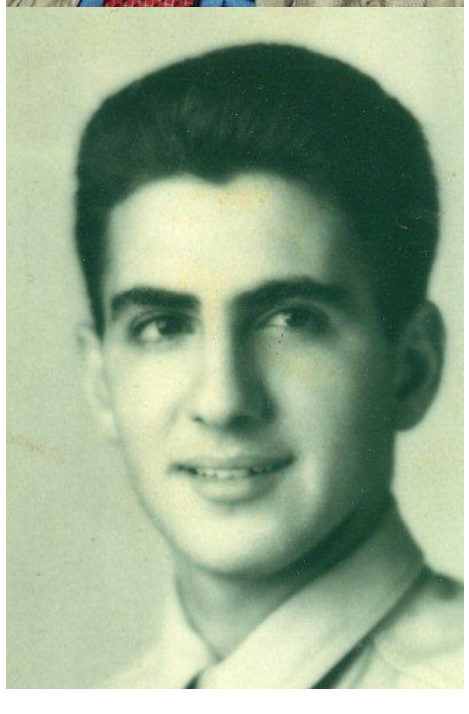
Paragamian was featured in the Armenian Mirror Spectator back in 2010 where he talked about his service in WWII.

"You wondered if you would ever come out of it alive," he said. "There were some bitter days. Not only was it devastating to see your own men killed, it was also painful to see Germans die. The human element is very close to me."

His military service spanned four decades as a Civil Service employee working in the Army Post Exchange at Fort Devens, Ayer, whether it was as a forklift operator or sales advocate, before retiring in 1995.

"Through the grace of God, I have much to be thankful for," he adds. "I count my blessings each and every day. World War II veterans are dying every day. Hopefully, I can still make a small difference."





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Wasn't Me…The Blank Made Me Do it

Jeff Katz
VALLEY PATRIOT WEATHERMAN

For many years, there was the tried and true excuse that the devil made me do it. Commit a crime, major or minor, blame the devil. Behave poorly, must be that devil again. Lie, cheat, steal or murder… it's clearly a case of that Lucifer dude influencing you and turning you from good to evil. It got to the point that the excuse was so downright laughable that it was a long running bit for legendary comedian Flip Wilson.

In the year 2015, none of us really believe that some imaginary guy in horns carrying a pitchfork is responsible for motivating otherwise decent people to commit a negative act. That is just absurd, of course. But, we now seem to be a nation that believes some inanimate objects can do what the devil never really could and that's turn good folks bad.

Let's take the case of Dylan Roof. Here's a fine upstanding young man who was determined to feed the hungry and house the homeless but he was distracted from those pursuits because, at some point he must have watched the television sitcom, "The Dukes of Hazard." Yes, his life was turned upside down when he spotted the Confederate battle flag on The General Lee and that turned him in to the despicable, vile cold blooded killer who slaughtered nine innocent people inside of the Emanuel African Methodist Church in Charleston, South Carolina. I, along with every decent person I know, was sickened by the racist, bigoted hatred espoused by Roof. Instead of acknowledging who he was and seeking to prosecute him for these heinous killings, many people swung in to action in an effort to remove that Confederate flag from everywhere it had ever been displayed. South Carolina's leaders removed it from their capitol grounds and eBay and Amazon banned its sale on their websites. TV Land removed Bo and Luke Duke from their lineup and Warner Brothers will no longer put the flag on their model cars. These actions apparently make us all that much safer.

There's a concerted effort to cleanse the nation of history, which is unpopular today. Buildings are being demolished, texts burned and statues smashed. Yes, it's true. ISIS, like the Taliban, works overtime to eliminate any vestiges of history they don't like. Is that really any different from those who are now demanding that long dead Confederate soldiers be exhumed? How about those in Georgia who want the images on Stone Mountain to be sandblasted away?

As I write this, we learn of the brutal murder of two innocent television reporters in Roanoke, Virginia. They were both white and they were murdered on live television by a man who identified himself as a left wing, gay black man. Which flag shall we ban this time…the rainbow flag or the black power flag?

You see it couldn't possibly have been the devil that made these cretins do what they did. That's silly. But flags? Well, that's a different story.

Jeff Katz hosts an award winning daily talk show, heard from 3PM to 6PM on iheartradio and NEWSRADIO WRVA. You can listen to Jeff Katz any time you want by going to The Jeff Katz 24/7 Channel on the iheartradio app. You can follow him on twitter @jeffkatzshow and also at facebook.com/radiokatz

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"WEATHER 101" WITH AL!
HIGH PRESHA!!!!!

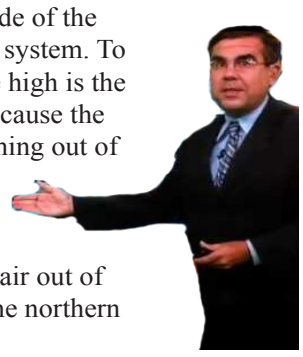
Al Kaprielian
VALLEY PATRIOT WEATHERMAN

Heat Waves and Hot Weather

It is hard to believe that September is here. The summer seemed to fly by. We are starting September this year on a sunny note. We can still get hot and humid weather in September, and this year is no exception. What causes hot weather and what is a heat wave?

Hot weather is caused by the jet stream, which are winds 20-40,000 feet above the earth's surface, tracking north of our region. When we are located south of the jet stream, this is known as being on the hot side of the jet stream. What causes the jet stream to track north of our region?

The answer is an upper level ridge of HIGH PRESSURE. This upper level ridge of high pressure located off the east coast of the United States is referred to as the Bermuda high pressure. It's position is close to Bermuda, and that is the reason it is given the name Bermuda high. Air circulates clockwise around high pressure. This causes the winds to come out of the south and southwest. A south to southwest wind brings hot, humid air from the southern states of the US and the tropical regions. This is why it is warmer/hotter on the west side of the high-pressure system. To the east of the high is the cooler side because the winds are coming out of the north and northwest. This brings cooler/colder air out of Canada and the northern regions.



However, with the Bermuda high, this gives us hot and humid weather. The upper level high, the Bermuda high this month is quite strong, so we could see the hot & humid weather last for a while.

Also, there may be a lack of clouds with the Bermuda high or high-pressure in general. The reason is that high pressure is caused by sinking air. When the air sinks, this causes the air to compress. That compression of air causes it to heat up. When the air sinks (compresses), we call this subsidence. When subsidence occurs the air is not only warming, but also the air is drying. Clouds have difficulty forming in dry air. As a result you can have a day or days with no clouds at all due to HIGH PRESSURE!

HEAT WAVES

A heat wave is defined as three or more consecutive days of 90 degrees or higher. The word consecutive is key to getting a heat wave. When a heat wave is in progress, you should drink plenty of water. Also try and refrain from strenuous outdoor activities. Wait until after the sun goes down. Also, wear lightweight clothing (shorts). You should also wear light colored clothing, because light colors absorb less heat from the sun. When there is a heatwave you should always check in on the elderly, especially if they do not have air conditioning.

Lastly, It's very important that you NOT LEAVE PETS OR CHILDREN IN A VEHICLE WITH THE WINDOWS CLOSED!!! This can be fatal!!!

Al Kaprielian is a world famous meteorologist who has worked for several New Hampshire and Massachusetts media outlets. He is now an EXCLUSIVE columnist for The Valley Patriot. You can hear Al's weather forecast daily on 980WCAP in Lowell as well as on the Paying Attention! Radio Program on Saturday Mornings at 10:35AM. Email your questions and comments to 7al61@comcast.net.

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Addressing the Epidemic

Al Kaprielian
VALLEY PATRIOT WEATHERMAN

The opiate crisis in the Valley has had a chilling effect on the whole community. The town of Andover alone has laid seven of its citizens to rest – several of them children. Elected leaders, school officials, and families seem paralyzed by a sense of uncertainty. For me, this situation is a haunting reminder of the hopelessness of addiction and the pain it causes to the addicted, their loved ones, and our community.

Last year, while running for state representative, I met a mother in North Andover while going door-to-door. I'll never forget the paled look of despair in her eyes when she recounted her daughter's descent into addiction. When her daughter decided to confront her addiction, she faced a needless obstacle: overstretched rehabilitation center with a waitlist.

A couple of months ago, a similar situation occurred to a mother in Andover. Her son was a heroin addict, but they were fortunate enough to find a rehab center that had room to take them in; however, the center later called back to inform them that their position was no longer secured. Not long after, her son was found dead from a heroin overdose and became another statistic.

Our elected leaders have tried to address this epidemic with varying degrees of outcomes. For example, Representative DiZoglio was able to secure funding for community outreach and research to address the crisis, while leaders like Representative Lyons approached the question through increases in criminal penalties for trafficking – a strategy that has been ineffectual in the past.

While stemming the flow of drugs into our communities and educating our children is critically important aspects to an effective counter drug policy, the most pressing concern must be focused on those currently struggling with addiction. They need solutions now before the opiate crisis forces us to bury another victim.

Oscar Camargo is a veteran and former candidate for state representative. Follow him on Facebook at facebook.com/oscar.camargo or Twitter at @followcamargo.

From the Rabbi

Rabbi Asher Bronstein
CHABAD LABAVITCH OF THE MERRIMACK VALLEY

How many college students can fit into a tiny car or phone booth? How many absolute essentials can a woman place in her evening bag? How many items can a man stuff into his suit pocket and still have the jacket lay properly? How many grapes can a youngster pack into his mouth before they come tumbling out?

Sand patted down by a child in a pail, and patted down yet again to make room for more; a suitcase so full that you have to sit on it to close it; just one more bite, we promise ourselves as we dig once again into the double chocolate fudge brownies, though we're already stuffed to the gills.

People seem to be obsessed with cramming as many things as possible into a minimal amount of space. From closet organizers to mobile devices, we want to make full use of space, both tangible and cyber.

There are times in the Jewish calendar when we are given a specific amount of "spiritual space" and encouraged to fill it up.

The month of Elul is just such a time. Elul is the round-up time for the previous year. It is the "inventory" season, "year-end accounting" time and the moment when each person writes and reads to himself his own "State of the Union" address.

In addition to Elul being a once-over concerning the past, it is a chance to focus on the future, an opportunity to plan ahead, armed with the wisdom gained from experience. Elul gives us the chance to concentrate on how we will do things differently in the upcoming year.

But there is a third aspect to Elul as well. While we're remembering the past and considering the future, we are still living in the present. And in this present, Jewish teachings invite us to use the entire month of Elul to fill up our spiritual space with as many mitzvot (commandments) as we can. We are encouraged to add more mitzvot to our repertoire of mitzvot and to enhance the manner in which we already

RABBI: PAGE 21

THE CENTER AT PUNCHARD

The National Council on Aging has designated September as Senior Center Month. Programs at The Center at Punchard will reflect this year's theme, "LIFE: Learning, Independence, Friends, Energy". This month we will showcase the programs, services and activities offered at The Center. Our aim is to embrace active, positive aging by engaging physically, emotionally, intellectually, socially and spiritually – a truly holistic approach to aging and wellness. The month culminates with our annual Open House on September 25th from 9-3pm. Highlights of the month include:

September 25th: Open House. Join us for this all day event as we highlight town departments, their resources, and feature special afternoon programs. 8am, Breakfast with the COA Advisory Board; 9:30am, Community Resources; 12pm, Buffet Luncheon (advance registration required; $3); 1:30pm Bill Fahey, AYS; viewing of "The Other Side of Andover" student-made film about the heroin crisis here in our own town.

The new Edward M. Kennedy Institute for the U.S. Senate: Friday, September 4th from 9am-3:30pm, $38. Your visit is a very clever and engaging interactive experience as a "Senator-in-Training." It ends up in a full replica of the US Senate where you are allowed to debate and ultimately vote on a bill. Stop at Quincy Market to get lunch on your own, as well as browsing time.

Breath, Balance and Bodywork: Tuesdays, September 8th to November 10th at 2pm, $40. Improve oxygen to the body and find balance through the mind body connection. Using props and our own body weight, increase bone density and strength.

Stretch, Release and Relax: Wednesdays, September 9th to November 4th at 2pm, $36. Improve flexibility, balance and stability with a series of simple exercises. Release tight spots and reduce pain in your muscles through self-massage, deep breathing and progressive relaxation. Start by standing then finish the class on the floor. Chair participants limited to two. Meditation will end this class.

Generations in Action: Beams Dreams: Wednesday, September 9th at 1:30pm. Meet with Barbara McGovern to learn and participate in a mission to deliver books, toys, bikes and school supplies to a very needy Appalachian school. Bring donations that day or Friday, September 4th from 1:30-2:30pm.

Art of Energy Balancing: Wednesdays, September 9th and 16th from 10am-12pm, $14.

Combine Polarity energetic healing with the hand's on experience of creating art. Drawing from the ancient Indian healing art of Ayurveda, this workshop combines simple Polarity techniques, self-care and relaxing fun, which sets the mood for creating a work of visual art each session.

Memory Café: Thursday, September 10th from 1-3pm. Join a welcoming place for people living with memory changes (and their friends and loved ones) due to Alzheimer's, vascular disease, Parkinson's, dementia, or any other related conditions.

Grill Night, "Farewell to Summer": Thursday, September 10th from 5-7pm. (seatings at 5, 5:30, 6 and 6:30pm) Full meal served with performance by The Jazz Disciples. Music and meal by advance payment. Selections include salads, drink, and dessert, as well as a main course, starting at $5. Special: Steak Tips: $8. Feature Movie at 6:30 pm. All are welcome.

Opioid Forum: Friday, September 11th at 10am. Join us in the first of a two-part examination of the severe Opioid problem that plagues the country and our community. Hear from a panel of participants from the Board of Health, and Andover Police Department Det. Delaney.

NORTH ANDOVER SENIOR CENTER

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2016: it is important to review, understand and save this information!

During Medicare Open Enrollment, from October 15th to December 7th, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. Learn more about how SHINE can help you: call the North Andover Senior Center to set up an appointment.

Upcoming Socials:

TUESDAY NIGHT DINNER BUFFET: Here at the North Andover Senior Tuesday September 15th promptly at 4 pm. Our sponsor for this month is BrightView Senior Living. Sign up begins Sept 1st. Limited to 35 seniors. Cost $4.

INDIAN SUMMER SIZZLER: Thursday September 24th at noon. Savor the fading warm days of summer with a lobster roll, chips, sweet potato coleslaw, three bean salad, beverage and dessert. Cost $10. Sign up begins Sept 3rd, with the cutoff date Sept 17th. Immediately following is storyteller and comedian, David Shikes. Limited to 60 North Andover Seniors.

Come see what's cooking at the Senior Center. Eating healthy can have a positive impact on your life. Evidence suggests regularly eating healthy, well-balanced meals contributes to sustained weight maintenance, a better mood and increased energy levels. If you are interested in taking part in our "Wednesday Fresh Table" you need to register by Friday to attend the following Wednesday luncheon. The cost of the lunch is $5.00. Once you sign up there are no refunds or rescheduling toward another Wednesday due to the planning and purchasing of the food and supplies in advance.

LET'S GET BACK INTO YOUR FALL SCHEDULE BY JOINING ANY OF THESE NEW GROUPS: CHESS CLUB: Tuesdays 1-3pm. WOMEN'S FORUM: 4th Thursday of every month, 1:30-3pm. ART CLASS: Tuesdays 1-3pm, $60 for 6 classes.

BOWLING: Wednesdays at Academy Lanes in Bradford. $8.50 a string.

MAHJONG: Thursdays 1-3 pm.

KNITTING: Tuesdays 9:30 – 11:30. New project "Hats for Vets and Kids"

ONE ON ONE COMPUTER INSTRUCTION: 45 minute sessions for $7, Tuesdays with George Chory and Thursdays with Tom Kooken. Hours are 9-12. Make your appointments with reception 978-688-9560. This time can accommodate gadgets, too, if necessary (Phones, Tablets, etc.)

S.H.I.N.E. VOLUNTEERS: (Serving Health Insurance Needs of Elders) Free, confidential counseling on all aspects of health insurance to North Andover residents on Medicare; Call center for an appointment. Third Tuesday only in September; First and third Tuesday of the month, starting in October.

NEWS & VIEWS: Every Wednesday at 10-11:30am. Come and join in the lively discussion of current events, politics, history and you never know what else?!

MEET WITH AN ATTORNEY: Atty. Ray Cannon, NEW TIME and DAY Sept 22nd, 10am-12pm and Atty. Ramsey Bahrawy, NEW TIME and DAY Tuesday Sept 8th. Schedule with Reception-first consult is free.

MR. FIX IT: First and Third THURSDAY of the month from 12-3pm. We repair almost as good as new. Lamps, with cords and sockets, replace watch batteries, small tables and chairs. Anything that is not listed, we will give it a shot! Your cost is $2 - $4 depending on work needed, plus parts. Proceeds benefit the Senior Center.

WALK IN CLINIC: Wednesdays 9am-12pm, the North Andover Senior Center and Home Health Inc/VNA operate a wellness clinic. If you are a North Andover Senior, we urge you to take advantage of this opportunity to check your blood pressure, blood sugar, weight and blood oxygen levels. Consult privately with an RN regarding any medication and health issues that you are concerned about. There is no charge for this service. Donations are gratefully accepted.

B-Street Bombers Still Rocking After 35 Years

Tom Duggan
VALLEY PATRIOT PUBLISHER

This year marks the 35th anniversary for the B-Street Bombers, a legendary local band from Lawrence. Last month, Valley Patriot publisher Tom Duggan and his assistant Stephanie Jaskot sat down with the Bombers in Plaistow, NH before an afternoon summer concert at town hall.

Present were: *John Tomaselli from Lawrence, *Jimmy Bass from Lawrence, Mandy Powers from Hudson, NH, *Mike Grady from Bradford, Steven Goddu from Salem, NH, Mike Casey from Lawrence, Dennis Brunel from Lowell, *Jim 'Norris from Lawrence [* = original members]

Tom: "It's your 35th anniversary of the Bombers, for the original band members, why did you start the band?"

John: "To play music and have fun."

Jimmy "We came from [the band] M-Taboo years ago."

Tom: "So, you started the band just to have fun? Like you were hanging out in your basement one day and just chatting?"

Jim: "No, it was a transition from M-Taboo into B-Street, just to have a good time on the weekend. So, basically weekend warriors."

Tom: "How long did it take you guys to get really big?"

Jim: "By '83 we were solid, by '85 we were cooking; we were really flying."

Tom: "For the new members, when did you guys start in the band?"

Mike Grady: "1986"

Tom: "How did you come to be in the band?"

Mike Grady: "By a former member, I met him at a gig and I was playing with another band, he told me about B-Street and I came out and saw B-Street at the Sahara Club. I was completely blown away by them, and within 6 months I was a member.

Tom: "Was someone in the band that left or did they just add you as a player?"

Mike Grady: "They added me cuz they didn't have a trombone player, there's not many of us left (laughing)."

Tom: "Mandy when did you join?"

Mandy: "I think December of 2005."

Tom: "How did you get into this all-guy band thing going on? How did that work?"

Mike Grady chimes in: "well look at her!" (Laughing)

Mandy: "A friend of mine was playing keys at the time and he told me they were looking for a female vocalist, so I came down and tried it, and they liked me and kept me around!"

Tom: "So, for you guys, you went from an all guy band and a dominant male voice, right? That's the signature voice of the band, and all of a sudden you brought a girl in, how did that work? How was the transition?"

Mandy: "Yeah, how did it work guys?!"

Jim: "Well, we still have a male vocalist, all we did was have them tag team each other and it expanded our repertoire. We were able to do more material that we couldn't do before, because the lack of a female vocalist."

Tom: to Mandy "How long have you been with the band?"

Mandy: "About 10 years."

Tom: "Do you guys notice a difference in the people who are coming to see you now that you have a female vocalist, or is it kind of the same?"

Jim: "The people who usually come to see us are all grand-dad's, (laughs) now it's an entirely different crowd, there's children and families."

Steven Goddu: "Mandy's brought a lot of new tunes to the band, youthful, and some we even play. (Laughs). Most of the band has a big repertoire with a lot of oldies but Mandy's brought in a lot of new stuff that's on the current hit list, and it makes a difference with the audience, a big difference."

Tom: "Have you guys noticed any difference now that Mandy is in the band with promoters, such as them wanting to put her up front and kind of push you guys to the back?"

Jim: "This is a highly democratic band, and we want to share everybody's pain and joy."

Tom: "So, now it's your 35th anniversary, did you guys ever think way back when that you'd still be doing this, 35 years later?"

John Tomaselli: "I knew I'd be playing in some venue."

Jim: "I'd like to thank B-Street cuz that's where I live."

Tom: "How did you guys come up with the name B-Street Bombers?"

Jim: "It actually started out as a softball team raising money for cancer. I got a call to see if I wanted to start a weekend-warrior-type band, and we went with that name because we liked it. A lot of us live on streets with a 'B'. Me and my brother, (who was the lead singer at the time), lived on Bromfield St, some lived on Bennington St., that's why we originally called the softball team the B-Street Bombers, so we just carried it over from the softball team."

BOMBERS: PAGE 12

Anne's Andover Notebook

Anne Knowles
ANDOVER COLUMNIST

Caring for older residents is of prime importance to local communities, as the life expectancy of these treasured seniors increases and needs become more varied. In Andover, services for older residents have always been addressed. Now, the town has issued an Elder Needs Assessment Report. The report assesses the current and future needs of aging residents in Andover. The report can be found under the andoverma,gov website.

The report is an in-depth assessment of the needs, interests, preferences and opinions of residents ages 50-59 (Boomers), and age 60 and older (Seniors). Many groups and organizations as well as the target group, have input into the report.

Andover's Division of Elder Services and the Center at Punchard, work in harmony to provide many of the services and programs that seniors need and want to aid in their quality of life. Many seniors want to remain in their homes and this is one of the priorities that these organizations make their goal.

However, there will be an increasing need for senior/handicapped housing for seniors in the coming years. This is one of the areas that may require changes in zoning requirements as well as location of new developments in more accessible parts of the town.

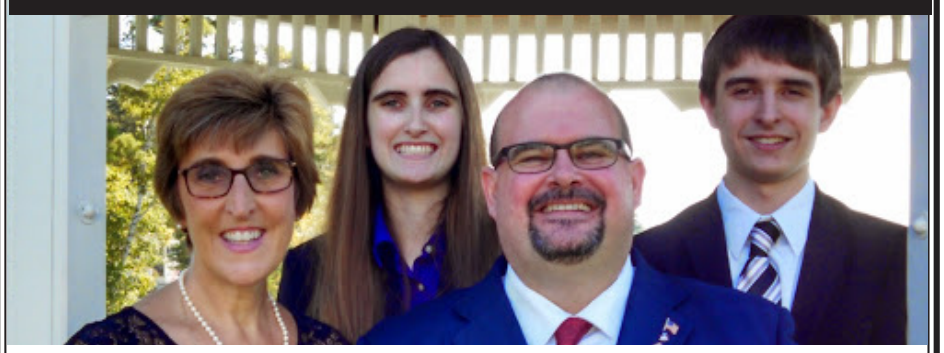
Another major part of the assessment is Health and Wellness Services for this age group. It is important for seniors and their supporters to know how to access the many services available through the Division of Elder Services and the Punchard Center.

Communication and collaboration between these agencies as well as other town providers strengthen the linkage with these groups as well as town offices.

Interested seniors and caregivers are invited to look into the many programs that are provided by the Center at Punchard, by contacting the center at 978-623-8377 or by their website at www.andoverseniorcenter.org or seniorcenter@andoverma.gov.

Andover has always been a great place to live and the town lives up to its reputation by making the care of its older residents an important part of the town.

HAVE YOU CREATED A PLAN TO PROTECT YOUR FAMILY IN THE EVENT YOU ARE NO LONGER HERE?



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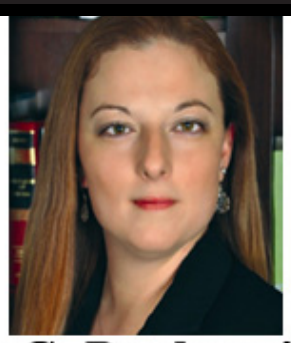

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TOM DUGGAN'S NOTEBOOK

NORTH ANDOVER FALL FESTIVAL

The North Andover Merchants Association sponsors the annual Fall Festival again this year on Saturday, September 26th from 10AM to 4PM (rain or shine) benefiting the North Andover Middle School after school Robotics S.T.E.M. program and "Everyone's a Player "program. Fall Festival is held on the grounds of the North Andover common (the old center) complete with merchants tents, food vendors, Kids Zone with inflatable's, games, pumpkin decorating, pony rides, face painting, hayrides and much more! Entertainment and performances on our outdoor stage. Additional parking will be available at both Kittredge and Atkinson, school free shuttle will be available to and from. Please bring canned goods or dry food to donate to North Andover's Peoples Food Pantry for more information call 978-965-2708.

METHUEN - Screening of Trace Amounts documentary hosted by Melony Bradish. Corruption, greed and willful ignorance. Three reasons America is so sick. I believe every single person should see this film and make informed choices about their health. The "science" the CDC wants you to believe is flawed and biased at best, and a crime against humanity at worst.

Come watch the film the CDC does not want you to see and let the real science speak for itself.

Thursday, September 24th at Lowes Theatre at The Loop, 7:30pm. 100 tickets must be sold in order for the film to be shown. If the minimum amount of seats are not reserved, your card will not be charged. Reserve your tickets today at: WWW.gathr.us/screening/13020. Visit www.traceamounts.com to view trailer.

NORTH ANDOVER CRIME - Crime has spiked in North Andover in the month of July, North Andover police say that in the heat of summer this year - domestic abuse is up 70% - vehicle break-ins increased by 175%, and Larceny increased 45% since June. NA Police say vehicle crashes were down about 14%, and animal complaints decreased by 34%.

METHUEN POLICE - The Methuen police have released the results of a survey on the police use of body cameras. Nearly 81% of those surveyed say that they support the use of body cameras in Methuen. Nearly 75% say camera footage should be retained for the same amount of time, and handled the same and as all other evidence in a case.

A large majority of those surveyed say they felt safer with police officers wearing body cameras, that the cameras protect police from false accusations, and that an interaction with the police is less likely to end in violence if the officer is wearing a body cam.

Other items of note in the survey: Nearly half of participants said that all police officers should wear body cameras, only 28.5% of participants disagreed, while 18.5% had no opinion.

LAWRENCE CRIME - The Lawrence Police Department says that there is an ongoing scam targeting Merrimack Valley residents and local businesses. The target "will receive a phone call from someone claiming to be from the electric company, gas company or cable company.

The call will demand money for an overdue bill, telling them their power will be turned off if they don't pay their bill immediately. The scammers will direct the "target quote to go to a local chain store or pharmacy and put money in a money pack or pre-paid credit card account. Lawrence police say that if you receive a similar call, you are asked to contact them immediately and then contact your utility providers.

LAWRENCE - CRIME - Mayor Daniel Rivera and Police Chief James Fitzpatrick announced last month the release of monthly crime reports in an effort to increase transparency and engage the community in helping to fight crime. "This effort is another step towards building trust and transparency with the residents of the City of Lawrence," said Mayor Daniel Rivera. "We want the community to see month to month whether or not we are, in fact, making Lawrence safer." The monthly crime data presented reflects preliminary crime data for most Part I felony crimes, as they were known at the time of original publication, and are not official crime statistics. Preliminary crime data often changes at a later date due to further investigation and /or updated classification before they become official crime statistics. We have crime analysis reports from 2009 and 2010 where available, and from 2014 to present.

Citizens can go to the website below to find information on crime statistics throughout the city. The information was compiled by the crime analysis unit, John Reynolds and Amy Abreu. To find this information, go to lawpd.com/crimereports.

Any questions pertaining to these crime reports should be directed to Chief Fitzpatrick's Office at 978-975-5900.

LAWRENCE COUNCIL - Lawrence City Councilor Oneida Aquino has resigned from the city council after moving to New Hampshire and enrolling her children in New Hampshire schools. Aquino submitted her resignation on August 20th to city clerk, Billy Maloney. Aquino represented the tower hill District D section of Lawrence. She came into office in 2009 with Willie Lantigua, and was a strong ally of the former mayor. She announced earlier this summer that she would not be seeking reelection to the city council.

Councilor Aquino is not the only city councilor to resign from the Lawrence city council. District E Councilor Eileen Bernal has resigned from the council as well. Bernal was hired by Lawrence mayor Dan Rivera to be his new chief of staff, replacing Lisa Torrisi. Bernal was scheduled to start her new job on September 1st, but Bernal's move from the city council to the mayor's office is not legal according to the Lawrence City Charter.

"No member of the city council shall, during the term for which he/she was elected, hold any other compensated city office or city employment."

In the late 80's, Lawrence city councilor Barney Riley resigned from the city council to take a job with then mayor Kevin Sullivan's administration as the director of the Lawrence Senior Center. But after Riley resigned from the council, he learned of the charter provision and had to wait until the term he was elected to serve had completely expired.

Rivera now says he will ask for special permission from the legislature to break the city charter to appoint Bernal.

HAVERHILL CRIME -Captain Robert Pistone of the Haverhill Police Department issued a reminder to citizens to be aware of a common phone scam that has resurfaced, where the caller claims to be from the IRS informing the citizen that they owe money to the IRS and must pay with the threat of criminal action. The calls currently are originating from Washington State but may come from anywhere. Citizens are reminded that the IRS will make official notifications via the US Postal service. If you do receive a call and are suspicious, ask for the employees name and badge number, and then call the IRS at 1-800-366-4484 to determine their authenticity.

Citizens are also reminded to be aware of calls from other collection sources demanding that funds be wired or money cards purchased, as these are scams as well. Citizens should look up the official number to the supposed agency and call to determine the authenticity of the issue.

METHUEN - GRAYTON RESPONDS TO SANCTUARY CITIES

In Methuen, City Councilor Dan Grayton is calling on the Lawrence City Council to reverse their decision to make Lawrence a sanctuary city. Sanctuary cities are cities that order their police departments not to turn illegal aliens over to immigration officials when they are arrested.

Councilor Grayton says he is deeply troubled by the Lawrence City Council decision Tuesday saying their vote to ignore the rule of law had nothing to do with establishing trust and everything to do with embracing and promoting lawlessness.

Grayton says that as Methuen, shares a border with Lawrence he is deeply concerned about the ripple effect this decision will have on his city. Grayton says that sanctuary cities only protect criminals, and can only result in the safety and wellbeing of legal, law-abiding citizens, being put at risk. Grayton says that The Council's decision must be reversed not only to protect the rights and safety of the citizens of Lawrence, but the safety of the law-abiding citizens of Methuen as well.

LAWRENCE POLLING PROBLEMS

The City of Lawrence is scrambling to get polling locations ready for the September municipal primary. Lawrence was hit with several deficiencies in the last election when observers from the Secretary of State's office were on hand to observe the election process. Lawrence city Clerk Billy Maloney told the city council last night handicap access, consolidating some of the 24 polling locations, and the presence of alcohol being served at one polling place were among the many deficiencies that the city needs to rectify before the September primary.

TOP 500 PUBLIC HIGH SCHOOLS IN AMERICA HAS LOCAL SCHOOLS - Newsweek Magazine has released its annual list of the top public high schools in America for 2015.Local high schools in the top 500 are

- 139 Groton Dunstable Regional High School
- 253. Newburyport High School
- 278. Georgetown High School
- 492. Chelmsford High School

TOP 100 SCHOOL DISTRICTS IN MA - Niche.com has released their list of the top 100 school districts in Massachusetts with Lexington topping the list at #1, and Westford public schools listed as the #2.

Other local schools making the list: Andover at #38, Groton-Dunstable Regional School District at #40, North Andover at #49, Winchester at #51, Burlington at #62 and Chelmsford at #69.

There are 351 cities and towns in Massachusetts

LAWRENCE - MORE PORK

And Lawrence Sate Rep Marcos Devers says that as the results of his efforts and his fellow Lawrence reps., some of the gov's programs cut restored by the legislatures override will help the city of Lawrence, as well as the rest of the people of the state. Devers says that some of the restored cuts he is most proud of incude:

- $500,000 for a prostate cancer awareness and education program.
- More than $2.2 million for substance abuse treatment programs across the Commonwealth.
- Restoration of funding for unaccompa-

CONTINUED UNDER FREDDIE

John Cronin of North Andover passed away last month. John was a parishioner of Saint Michaels Church on Main St., and was an avid pro-life activist. He lead many prayer vigils outside local abortion clinics and spent much of his life fighting for the right of the unborn to live. John was active as a member of the Merrimack Valley Tea Party. John was not only a friend but a longtime friend of my family. He knew my grandparents when they were alive and he remained close with myself and other members of our family through the years. We are saddened at the passing of John Cronin. Rest well my friend!

Vote Bryan Sweet for Re-Election to Methuen School Committee on November 03, 2015

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Bryan Sweet
Methuen School Committee

FREDDIE SAYS

"Do I need special permission from the government to endorse Rich Russell for City Council At-Large in Lawrence?"

Freddie Says
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Massachusetts Attorney General Maura Healey slapped Lawrence City Councilor Modesto Maldonado with a letter last month declaring his secret meetings illegal, but failed to impose any punishment on him or the city councilors who participated. See Story Page 11.

nied homeless youth housing services.

• $3 million for the Massachusetts Rental Voucher Program for a total of $82.9M to pay for 900 to 1050 new vouchers for families at risk of homelessness, and $1.2 million for the Gateway Cities English Language Learners program.

METHUEN - MOVIE NIGHT - Come help The Forest St. Union Church kick off Rally Sunday on Saturday 9/12! Join them for a Disney movie on the church lawn. Bring a blanket, a chair, the whole family and some friends! Bring a bowl for free popcorn and drinks. Movie begins at dusk.

LAWRENCE – HOSPICE - Merrimack Valley Hospice will be offering a Men's Support Group beginning on Tuesday, September 29th and running for 12 weeks through December 15th. The group will be held in the Griffin-White meeting room at Merrimack Valley Hospice House located at 360 North Avenue in Haverhill, MA.

Myra Ortiz Supports the Poilce!

This support group is designed to provide a safe place and a supportive environment for men who are grieving to share their experiences and feelings as well as learn about the grieving process. It will be led by specially trained facilitators Michael Cooper and Richard Davis and focus on the issues specific to men who have lost a loved one.

For more information on this support group and to register call 978-552-4537.

Merrimack Valley Hospice, with Home Health VNA and HomeCare, Inc., provide a full continuum of home health and hospice care in more than 100 communities throughout the region. For more information visit www.MerrimackValleyHospice.org.

MORE PORK FOR "ARTS"

The Massachusetts Cultural Council has approved $12 million for nonprofit cultural organizations, local cultural councils, schools and artists, including $119,300 for groups in Lawrence and Andover, according to State Sen. Barbara L'Italien.

Sen. L'Italien, D-Andover, said the grants will support a broad range of cultural activities that benefit local residents while supporting jobs in the nonprofit cultural sector. The money was made available in the new state budget and includes a $2 million boost over last year approved by the Legislature in August.

The grants are designed to foster "cultural awareness" and creativity among youth, economic activity and community-based arts, humanities and science programs.

Lawrence Cultural Council: $63,500

Essex Art Center, 56 Island St.: $6,800 to inspire and nurture the diverse artistic potential of the Greater Lawrence community through classroom exploration and gallery exhibitions making the creation and enjoyment of art accessible to all.

Groundwork Lawrence, 60 Island St.: $15,000 To increase STEM proficiency, professional prospects, employability, environmental awareness, and healthy living competency Lawrence of high school Lawrence youth.

ANDOVER - Andover Cultural Council: $5,800, Addison Gallery of American Art, 180 Main St.: $11,500 to acquire, preserve, interpret, and exhibit works of art for the education and enjoyment of local, national, and international audiences, including the community of Phillips Academy and the public.

Andover Choral: $3,800 to foster and strengthen the knowledge, love, and performance of choral music; and to provide a forum through which members of the community may participate in the exploration of the choral arts, striving to ensure both high quality of such performances and regular opportunities to participate in them.

PHOTO: METHUEN POLICE

Methuen police say the rider of a motorcycle on Howe Street last month is lucky to be alive. When police arrived at the scene of the Pond St. area they found a motorcycle in flames, pinned under cement truck. The rider of that motorcycle had jumped off the bike just second before it slid under the truck and bust into flames. Police say that the motorcycle was stopped in the left lane on Pond St. waiting to turn left when the driver of the cement truck entered into the lane the motorcycle was in. The truck then drove over the motorcycle and dragged it a short distance onto Pond St. The driver of the cement truck was able to get out of the truck before the motorcycle caught fire. Both vehicles were towed from the scene. The crash is being investigated by Officer William Kannan.

Andover Historical Society, 97 Main St.: $2,500 to support research projects with Andover high school students, transcribing documents and identifying photos related to the history of Andover, and an exhibition of these projects in-person and online.

Mistral: $3,800 to bring the highest quality chamber music performances to Greater Boston & Merrimack Valley, attract new listeners, and provide accessible events for youth, elderly, and those of lower incomes.

New England Classical Singers: $3,800 to present quality performances of classical choral music for personal and community education, awareness and enrichment.

Northeast Document Conservation, 100 Brickstone Square: $2,800 to improve the preservation programs of collections-holding groups; to provide high-quality conservation services to institutions that lack in-house facilities; and to provide leadership to the conservation and museum fields.

BAY STATE REPEAL FILES WITH ELECTIONS DIVISION

READING, MA - Steven Epstein, of Bay State Repeal (BSR), handed an employee of the Elections Division of the Office of the Commonwealth the paperwork necessary to proceed to signature collection on BSR's petition assigned #15-23 by the Office of the Attorney General.

BSR expects to receive petition blanks within the next 10 to 14 days and begin circulating the blanks to thousands from across the state who volunteered when the

NOTEBOOK: PAGE 30

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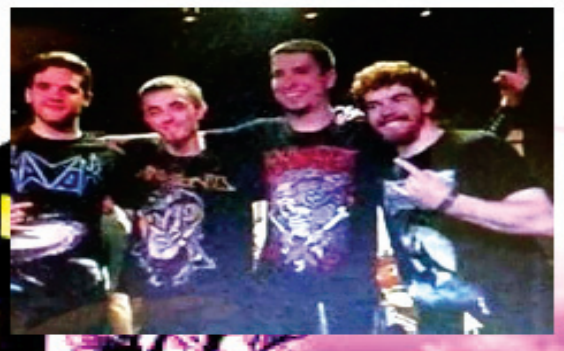

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AG Rules Council President Maldonado Violated Open Meeting Law with Secret Metting

Tom Duggan
VALLEY PATRIOT PUBLISHER

Massachusetts Attorney General Maura Healey has ruled that Lawrence City Council President Modesto Maldonado has violated the open meeting law by holding secret meetings and not notifying the public of what was to be discussed or what was discussed during their secret session.

The state's open meeting law mandates that all meetings of government bodies be held in public but under some circumstances (such as legal disputes or confidential personnel issues) can meet in private but must publicly post the time, date and location of the secret meeting and all issues to be discussed. The state law also states that a roll call vote be taken before going into what is called "executive session" and that any votes taken in secret must be again taken in public. All minutes of these executive session meetings must be released once a vote or decision is made.

The Attorney General noted that on January 13, 2015, The Lawrence City Council went into executive session to discuss litigation against the city but the council violated state law by not taking a roll call vote prior to entering secret negotiations. The AG also ruled that the council failed to publicly announce all the subjects to be discussed in the secret meeting prior to entering executive session.

"Before entering into executive session, the chair must state the purpose for the executive session, stating all subjects that may be revealed without compromising the purpose for which the executive session was called," Healey's ruling stated.

The state's top law enforcement officer issued her ruling this week after a complaint was filed by Valley Patriot columnist Kathy Runge, who attended the meeting in January.

AG Healey also said that Council President Modesto Maldonado broke the open meeting law by refusing to be transparent about the council's actions before the meeting.

"The council president did not identify any of the specific litigation matters that the council would be discussing. Further, the council has not demonstrated why disclosing that it was discussing certain pending litigation matters would have compromised the executive session purpose or otherwise been detrimental to the council's litigation position. In fact, the council disclosed the specific litigation matters to the complainant (Kathy Runge) in response to the complaint. Therefor we find that the council has violated the open meeting law by failing to state all subjects that could have been revealed without compromising the purpose for which the January 13th executive session was called."

Healey also rapped Council President Maldonado for failing to publicly post the meeting in accordance with the open meeting law.

"Here, the (public) notice failed to identify the executive session purpose or the specific litigation matters that the council president anticipated discussing. The actual language in the notice made no reference to litigation and suggested

instead that the council would be discussing topics not appropriate for executive session, such as "functions, powers, authority and duties within the scope of the Office of the Mayor."

The Attorney General did not issue any punishment to Council President Maldonado.

Mayor Rivera: How We Are Building Real Trust in Lawrence

Mayor Daniel Rivera's Statement on the Passing of the Lawrence so called "Trust Act"

Dan Rivera
MAYOR OF THE CITY OF LAWRENCE

It's important for people to know that as a son of an immigrant and Mayor of the immigrant City of Lawrence, I do not support any immigration policy that focuses on building walls and persecuting the undocumented currently living in our communities. I believe the state of MA should allow undocumented people to get drivers licenses, and finally I support the President's executive order on immigration. I start every conversation about immigration by saying the Federal government has abdicated its role in providing clear, well-funded immigration policy. This means if the federal government wants to chase innocent undocumented people (a policy I do not support), they better do it themselves. I also do not support the trust ordinance in Lawrence because our police officers do not work for, nor do they report non-offending, undocumented people to ICE, it just does not happen here. What does happen is that people who are undocumented and commit serious crime do get reported to ICE and I want the message to be clear: If you commit a crime, regardless of your immigration status, you will be prosecuted to the fullest extent of the law. I can't support any effort that takes tools off the table for our police department that already has a tough enough time fighting crime in our city. From domestic violence to drug crimes, I want our police force to have the power they need to fight crime and help victims. So when an undocumented woman is assaulted and the perpetrator is a male citizen, documented or undocumented, I want her to trust that the perpetrator will be convicted and deported if appropriate by law.

Often, government tries to pass legislation and sometimes it is successful and other times it is not. I am pretty sure that government, especially at the local level cannot legislate trust. What we can do is focus on the hard work of earning the trust of the community. Lawrence is an immigrant city and will always be a diverse community. Even though I do not support the "Lawrence Trust Act" my administration will remain focused on the real work of building trust and making sure that Lawrence will always be a welcoming place for the documented and undocumented to begin their journey towards the American dream.

We are building trust in the community every day. Since becoming Mayor, we have implemented many policies, procedures, tactics and trainings with in our police department to gain the real trust of the people of Lawrence. For the first time in my memory, we have a REAL Police complaint process. A process that is known to everyone; and if you have any real problem with a police officer you can file a complaint and it will be dealt with seriously, it can even be filed anonymously. This new complaint process will result in real discipline and action taken against bad police officers. In the past records were only kept when an officer did something bad and was caught dead to rights, any complaint that found no bad action on the part of the police officer was ever recorded. Today every complaint that is filed is in a database to watch for trends and red flags amongst our officers. The database gives us a view into what personnel are in need of training and which we need to give more supervision. We built a system to catch the bad officers doing bad things and disciplining them to include firing them if need be. That is a way we build trust.

We are building trust in the community by providing training on the use of force. Chief Fitzpatrick enacted an action plan to ensure officers under his command were trained and knowledgeable on the use of force policy and modern day use of force tactics as set out by the Massachusetts Police Training Council, with de-escalation at its core. This included an 8-hour MPTC training course and a 2-hour in-house in-service training. The training reviewed court cases around the use of force, emphasized the proper use of deadly force as authorized by MPTC, and taught appropriate, thorough and transparent report writing. The use-of-force guidelines and chart have been prominently placed throughout the police station and officers were each given reference guides for personal use. We are building trust in the community by actually going door to door in the community with uniformed officers, and talking to people and getting to know them before anything bad happens. We are engaging them at their home so they can have a name and face to attach to our police. We are building trust by reviewing call taker interactions with the community.

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Mayor Rivera Responds to Recall Against Him Recall Supporters Charge "Political Retaliation"

Lawrence Mayor Dan Rivera has responded to allegations against him in a recall petition filed last month with the Lawrence Election Department.

Lawrence Police Officer William Green, a candidate for city council, told The Valley Patriot last month that the affidavit filed with the Lawrence Election Department to recall Mayor Dan Rivera was based on Rivera breaking his campaign promises.

Among the reasons listed on the recall affidavit, Rivera is accused of; political retaliation against city employees, failing to reopen a foot bridge in south Lawrence, failing to reopen fire stations on both Ames Street and Bailey Street, breaking campaign promises to appoint a search committee to recommend candidates for the position of chief of police, violating the civil rights of appointed city personnel by terminating them without due process and a fair hearing, and ... "the mayor is opposed to the TRUST Act because of his stated intent to use deportation threats as a means to coerce and intimidate members of the community during encounters and interaction with Lawrence Police."

RIVERA RESPONDS

" I ran for Mayor to make Lawrence better, because the families in this community work hard every day to raise a family, run a business and build a community trying to improve their quality of life," Mayor Rivera said in a written statement in response to the recall allegations.

"For years, political infighting, unresponsive and irresponsible government stood in the way. So, for the last 20 months, we have made hard decisions to change the way things are done in Lawrence in order to be more responsible and responsive, and to improve the quality of life; it is what voters of Lawrence elected us to do. We have worked to fight crime, we have disciplined bad employees including bad police officers, we have forced tax cheats to pay their taxes, we have taken hard stances on land use

matters, we defended the city against bad contracts and bad leases, and we demand real change in the way our city does business. When you focus on this type of change those interests negatively affected by these actions (bad employees, bad cops, tax cheats, landowners looking to take advantage of the city) will fight back against us and this is how they will do it. They do not want change. We will continue to make those tough decisions that make everyone's quality of life better. We were elected to do a job, we are focused on doing that job, and we fully plan to see that job through."

If recall supporters gather enough signatures to put the recall on the ballot, Rivera would have the option to resign, or fight the recall in a special election. If a recall election is held voters will be asked "yes or no" if they want to recall Dan Rivera. Those who vote "yes" on question one will be asked to choose among the candidates who turn in nomination papers to replace him. There is no limit to the number of candidates who can run but with no runoff election, if a large number of candidates run, Rivera's successor could win with just a handful of votes.

Political Campaign Season Begins in Lawrence

Kathy Runge
VALLEY PATRIOT LAWRENCE COLUMNIST

The Primary Election is a few weeks away, and I have some endorsements. For the three At Large seats I have two endorsements, Richard Russell and William Green. Russell and Green actually keep up with the issues before the council, have opinions they aren't afraid to give, will listen to you and are not current or former councilors.

For the District Councilors we have Myra Ortiz for District A, Jeovanny Rodriguez for D, David Abdoo for E, and of course Marc Laplante for F. These are competent and educated people who, in my opinion are neither Lantigua-ites nor Rivera-ites, they want what's best for the city. I can't support incumbents who voted to become a sanctuary city, although it seems that the incumbents in the districts not mentioned have Lantigua backed opponents.

A group of residents is starting a recall of the mayor. The mayor has made mistakes, but I don't think he has committed offenses warranting a recall. Although Mr. Green is involved in this, I still think he would make a good Councilor. More on this next month as it develops.

Campaign literature has been found on tables in the lobby of City Hall for At Large candidate Brian DePena and District D candidate Linette Perez. Ms. Perez also tried to give a campaign speech during the public participation part of the August 11 council meeting. Make no mistake about it, if these candidates win they will be among the loudest complainers that Mayor Rivera isn't following the law, yet they can't bother to try and obey the campaign laws themselves.

The August 11 meeting of the City Council was a train wreck, and that's if you started watching AFTER Lawrence became a sanctuary city.

It started with the audience having to remind Council President Maldonado to say the Pledge of Allegiance. The chambers were overflowing with supporters of the sanctuary city ordinance, led by the Merrimack Valley Project, a tax-exempt group that authored the items.

Both the Trust Act and Safe Driving Resolution passed with a vote of 7-2, with Councilors Laplante and Twomey voting against them. After the passage of these items, a mass exodus from the chambers occurred and we were left with the usual assortment of council goers and city employees.

This means that if there is a convicted illegal immigrant felon who has served his time and is wanted by ICE, our police cannot cooperate with them unless he commits another crime and has a criminal warrant signed by a judge. I'm not an attorney, but as I asked this question during the public hearing and was ignored I assume this is the case.

Councilor Aquino has resigned as she finally decided to formally change her address to Salem. Watch out

New Hampshire!

Hypocrisy Alert: At the August 11 meeting, the Council also voted unanimously to appoint Acting Police Chief James Fitzpatrick permanently to that position. The vote was most likely a symbolic measure as, by the charter, the Council only has thirty days to act on mayoral appointments before the appointment becomes effective and that deadline had passed

City Attorney Boddy's appointment was also approved on August 11. In a move of ineptitude, Attorney Boddy was asked for legal opinions regarding his own contract. The vote was 7-2 with Councilors Bernal and Laplante voting against it for contractual reasons.

Here's the hypocrisy. The City Council hires the City Attorney whereas the Mayor hires the Police Chief. No interviews with other candidates were held for either position. During the deliberations on the Chief of Police position, Councilors Aquino and Almonte criticized Mayor Rivera for not having a search commit-

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BOMBERS: FROM 6

John: Yeah, it was the Bromfield St. bombers softball team.

Tom: "So, now you're at your 35th anniversary, you've had members come and go, you've had some guys come back, what's it like now looking back after 35 years that you guys are still doing this?"

Jim: "It's a wonderful musical review. I don't even consider it a band at this point. I consider it a review. We're having a good time, we get to play our music and execute it the best that we can, and that's all I'm into it for, just to have fun. Like, playing a good game of tennis."

Tom: "No matter where I go in the Merrimack Valley or even outside the Merrimack Valley so many people know and love the B-Street Bombers. What do you guys attribute your success to?"

John Tomaselli: "I don't know, just doing it so long we've played a million places..."

Jim: "I think it's song selection too, we tried to pick songs that we know are going to get under people's skin."

John Tomaselli: "I recall one time someone said we kind of fit a void, there were a lot of bands that were doing Doors tribute, this tribute, that tribute, and there wasn't any doing the Bruce Springstein, Bob Segar style, so, we kind of did that, you know, everybody else was just a basic rock band, a hair band, we were different than that."

Jim: "We took a left turn with all the horns and we took it into the 20's [music -wise]. We brought the classsic show band style back."

Tom: "Are you guys surprised with the sound that you have that you've continued to last?"

Jim: "Everything recycles."

Jimmy Bass: "I'm not surprised, it works. I'm not surprised."

Jim: "Just like fashion, music cycles are the same way. Every 10 or 20 years, the eighties come back in the 2000s the 90's came back in 2010, the 2000s will come back in 2020."

Tom: "Where do you guys want to be five years from now?"

Mike Grady: "Still doing this." Everyone agrees.

Tom: "Do you want to play local or do you wants to play big arenas?"

Everyone agrees they want to continue playing locally."

Tom: "Are you guys making money? Or does it have to get split so many ways now that you don't make much?"

Jimmy Bass: "Other bands make a lot more money, individually."

Mike Grady: "Are you from the IRS? We don't make any money, in fact we lose money! Haha."

Jim: "Probably enough to go out to dinner with your wife." (Laughing)

Mandy: "We're not in it for that purpose either."

Tom: " When people are reading this interview, what do you want them to walk away thinking about the B-Street Bombers?"

Jim: "Follow your passion, that's what we do, I hope it shows because we love what we do."

Mike: "I was with the Bombers for 23 years. I started in 1982 and left in 2005"

Dennis: "I've been with the group since 2010."

Tom: "What made you new players want to come play for the B Street bombers?"

Dennis: " I've always wanted to play in a band with multiple horn players 'cause I love that sound. And again, I heard of the B Street bombers probably in the early 90s, so it was an opportunity. They needed a keyboard player, so I came down and it was a lot of fun. A lot of joking around... fun. People see us on stage, they see we are having fun, so they have fun. It's like, it rubs off...I'm fortunate to be a member now. I joined the band about 6 years ago, I was in a band called 'Groove Alliance', before they broke up... and I actually started drumming in a punk-rock cover band to be honest with you. Now, I'm singing Earth Wind and Fire, and Chicago and whatever, but it's an absolute pleasure. This is a family to me, you know. I feel very fortunate to be a part of it."

Not present for the interview: Mike Varraso- (lead vocalist). Russ Ryan -trumpet, Lue Garafolo, and Tommy McQuillan (drummer) who just had surgery and couldn't be here for the interview. Congratulations B-Street Bombers!

Methuen Mayor Steve Zanni picks up his copy of The Valley Patriot at Doctor's Express at 280R Merrimack St. in Methuen.

3rd Annual Merrimack Valley Special Needs Resource Fair

The opportunity for parents to explore local resources for the Special Needs Community.

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Methuen City Council
At Large

Paid for by the Committee to Elect Sharon Birchall

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ELECT

Jennifer Aziz Kannan

Methuen City Councilor at Large

VOTE KANNAN ON NOVEMBER 3, 2015

Fawcett Has been Class Act on Methuen School Committee

DJ Deeb
VALLEY PATRIOT METHUEN COLUMNIST

We are off to yet another School Year. Teachers returned to Methuen Public Schools on August 31st and students returned on September 1st. The City Elections are also coming up November 3rd and one member of our School Committee will not be seeking re-election, Mary Jean Fawcett. Having served on three different school committees (Dracut, Greater Lowell Tech, and Methuen), I can honestly say that the Methuen School Committee has been the most pleasurable to work with. All of the current members are dedicated to making Methuen Schools the best they can be and it has been my pleasure to work with each of them. I hope to work with them for two more years. Mary Jean Fawcett though will certainly be missed.

First off, congratulations and best of luck to Methuen Police Sargent Joe Aiello, the new Lead School Resource Officer, who made great presentation at the August 24th Methuen School Committee meeting and plans to hit the ground running.

I also want to extend my sincere thanks and appreciation to State Rep. Linda Dean Campbell (D-Methuen) and State Senator Katie Ives (D-Newburyport) for helping to secure $400,000 in state funding for the Nicholson Stadium Project in the Fiscal Year 2016 Massachusetts State Budget. I also want to thank Rep. Campbell and Sen. Ives for obtaining $108 million in increased Chapter 70 Education Funding and $18 million in increased funding for the Special Education Circuit Breaker. This funding is essential in enabling us to provide needed services to Methuen students without additional burdens being placed on the local budget to meet state mandates.

My best wishes to Mary Jean Fawcett, who has chosen not to run for re-election to the Methuen School Committee. M.J., as we call her affectionately, has been a consummate professional on our Committee and who never seeks status or recognition in her role. Prior to her service as a School Committee member these past 4 years, Mary Jean Fawcett worked as an elementary school teacher at the Timony Grammar School, as an associate principal at the Comprehensive Grammar School, and finally, as Principal of the Timony Grammar School before retiring 8 years ago. Even though she is left-of-center on most issues (LOL), it has been my sincere pleasure to work with M.J. these past two years on several important initiatives and sub-committees, including the Superintendent Evaluation, Budget, and City Chargebacks.

The Methuen School Committee, along with M.J. Fawcett, has worked successfully as a team over the past two years to reduce the student drop-out rate, increase graduation rates, lower class sizes, and save taxpayers over $100,000 annually by reducing out-of-district Special Education placements. More on these next month. Best of luck, M.J. Fawcett, in your retirement and thank you for your service to our community.

D.J. Deeb is a Methuen resident and member of the Methuen School Committee. Deeb is an Adjunct Professor of History/ Government at Bunker Hill Community College and an Adjunct Political Science Instructor at the University of Massachusetts Lowell. He teaches Social Studies full-time at Reading Memorial High School. He is the author of Israel, Palestine, and the Quest for Middle East Peace (University Press, 2013) and The Collapse of Middle East Peace (IUniverse, 2003).

Supporting Sanctuary Status in Lawrence Only Creates a More Insecure Community

Ken Willette
VALLEY PATRIOT GUEST COLUMNIST

In reaction to the misinformed and ill-conceived vote recently taken by the Lawrence City Council to create a so-called sanctuary community, I wanted to express my major disappointment as it sends a dangerous message that criminals will be provided a safe haven for their illegal and nefarious activities. In many concrete ways, these same officials are advancing the flaws of the Trust Act proposal, which would essentially establish Massachusetts as a sanctuary state as opposed to isolated municipal pockets of sanctuary. But selected communities acting in defiance of federal immigration enforcement only creates a more insecure environment that will likely be deadly to their residents.

What the City of Lawrence should have authorized instead was its cooperation with the Secure Communities program, which is designed to apprehend the most violent illegal aliens for transfer to ICE (immigrant enforcement) officials. The Secure Communities program is a federal initiative, which authorizes the FBI to automatically share fingerprints with ICE officials after state and local police agencies arrest and book into custody a criminal offender. Please note that Massachusetts and many other states already routinely submit fingerprints for all apprehended individuals upon arrest with the FBI to crosscheck for outstanding warrants nationwide.

It is completely false to assert that someone's immigration status would be the sole factor in triggering a transfer to ICE under this program. We are talking about murderers, rapists, domestic abusers, violent robbers, sex offenders, etc. Many of them are repeat, remorseless and predatory offenders.

Despite what some critics argue, Secure Communities does not encourage profiling of any kind, but merely enables communities to conduct more comprehensive and rapid background checks with two federal agencies now rather than one. Despite what some critics contend, the Secure Communities program does not require local law enforcement personnel to do anything more than what is currently required of them, which is to protect the lives and properties of everyone regardless of citizenship status. By not participating in Secure Communities and creating a sanctuary community instead, Lawrence is compromising the public safety of legal residents and immigrants (both legal and undocumented) alike. On the one hand, advocates of sanctuary communities are bemoaning a broken immigration system. But on the other hand, Lawrence officials are absolutely failing to take advantage of federal and state partnerships designed to tackle many problems of illegal immigration in the first place. They cannot have it both ways.

When Lawrence turns a blind eye to this criminal element, how will people in the shadows have confidence to come forward and report crimes? What the City of Lawrence has done will do more harm than good, not only within city limits but across the Merrimack Valley as well. It is a shame that unproven statements, baseless accusations of ethnic profiling and unwarranted emotional outbursts will override facts and proven crime fighting methods and statistics.

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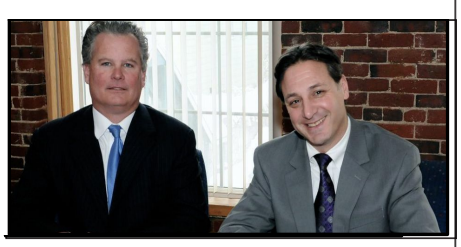

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THE PEST END GIRLS

Talk Mice and Rodents

While we all may love the Disney figures Mickey and Minnie Mouse and may even enjoy taking our kids to Chuck E. Cheese, we certainly do not want to encounter a mouse or a rat in our own homes. Many are quite squeamish when it comes to these rodents, and rightfully so. In this article, we will discuss the dangers of mice and rats in your home. While you may find the occasional mouse or rat a nuisance, it is critical to realize how dangerous this could be to you and your family.

What dangers do they pose to humans?

1. Parasite Transmitters - Mice and rats can carry a number of diseases, some of which are potentially deadly to humans, like Hantavirus, Listeria, Rat-Bite Fever, Salmonellosis and Bubonic Plague.

2. Allergies - According to a study done by the State of Florida Pest Control Unit, mice and rats can also play a large role in contributing to dangerous allergies. A national study detected mouse urine levels high enough to trigger allergies in 35% of homes. Trace amounts or higher were found in 82% of homes. Mouse droppings are also an allergy issue. There are as many people allergic to mouse droppings as there are to mold and dust. Exposure to mouse allergen is a known cause of asthma in children and adults.

3. Damage to your home - These critters eat or chew through just about anything including: insulation, wallboards, cardboard, and even wood. Some are especially fond of electrical wiring, which can lead to significant danger. Exposed wires resulting from mice are believed to cause 25% of U.S. house fires.

You may mistakenly believe that if you do not see a mouse or other rodent that

you do not have a problem. If you see dropping or chewed wood, furniture or other signs - seek the advice of one of our experts at Pest-End Exterminators and Pro-Tech Lawn Care. Our licensed service technicians are trained to locate areas of rodent activity and potential rodent entry points. Pest-End Exterminators can come up with a plan to eradicate your rodent problem before any of these dangers become a reality.

As always, if you have any questions about the above topic or any other topics regarding pest control or lawn care, please send an email to aforrestall@pestendinc.com.

-The Pest Girls

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Veterans, Single Moms, Elderly and Working Families, Are Getting Screwed. Help Stop the Madness!

John MacDonald
VALLEY PATRIOT LOWELL COLUMNIST

America. We are still the greatest nation on earth and who amongst us would ever really want to live anywhere else? However in my opinion the last seven years of extreme progressive left wing leadership in the White House and here in Massachusetts during the Deval Patrick era and before, exposed some of our greatest weaknesses as a country and a state, of which we can no longer sustain. One of the biggest issues created by Progressive leadership is illegal immigration. One of the greatest fleecing's perpetrated upon the Massachusetts tax payer, our veterans, the disabled, elderly and working families is… state funded public housing. Imagine, illegal immigration and state funded public housing merged into a big seeping sewer filled cocktail.

Shocked? Oblivious? Need more info? Intrigued? Then please read on…

One night I received a phone call from one of my fellow Veterans Assisting Veterans board members. He said that veterans were getting screwed out of public housing in favor of illegal aliens. I'll be honest… I hear a lot of things like this, but I wasn't convinced at all. He had said that he had talked to a local housing authority and it was happening. So I asked that the housing official call me to elaborate and give greater detail. The housing authority official confirmed my worst fears. Not only veterans, but other Americans were losing out. Losing out to illegal aliens.

I called many housing authority officials, which began my education on what was happening right under our noses and in plain sight. I had been oblivious to the issue, but the real hard facts, became quickly clear and evident. Here's what I learned in a Cliff Note style version.

1. Unlike Federally funded housing, State funded housing requires no proof of citizenship. As a matter of fact, housing officials in Massachusetts can't even ask the question of someone's citizenship status, without fear of losing their job.

2. Many housing authorities have split percentages of state and federal housing. In Lowell most of the housing is federal and in Lawrence they have 25% (500 units) state funded housing. Guess which city has the most illegal aliens living free off our tax dollars? Guess what city has public housing and some illegal residents?

3. Every community that has federal housing can dictate its own set of preferences. In other words, who gets housing first on the federal side of things? Usually veterans. With Lowell having over 90% federal housing…veterans are their priority and Lawrence it's the same with 75% federal housing, but not with the 25% state funded housing. Guess which housing authority has illegals? Illegal aliens occupying space that elderly and single moms could occupy?

4. All communities seem to have great people running their housing authorities, but those who run state housing have their hands tied. They can't ask the question for proof of citizenship? Why? Is it based on profiling, discrimination or just a convenient loophole for political persuasion and a mockery of the system?

I'd love to tell you that this problem of illegal aliens living in state housing for FREE, only exists in a few communities in Massachusetts, but it doesn't. Recently the issue of "Sanctuary Cities" came into the fray… well folk's, unbeknownst to me and I'm sure many of you, Massachusetts has become a "Sanctuary State" for illegal aliens. Unbeknownst to me, our fellow Americans (Veterans, Elderly, Disabled, Working Families, Single Moms) in need are losing out, waiting on lists and getting turned away in some instances for the benefit of an illegal alien getting FREE housing, paid with your tax dollars. Yes it's happening. In many instances illegals are turning what was meant to be temporary state housing and assistance, into a lifetime and generational fleecing of taxpayer dollars.

Didn't the Mayor in Somerville issue an order for his city to become a sanctuary city? Didn't Lawrence City council just approve a measure for Lawrence to become a sanctuary city? What is wrong with this picture and where is your outrage?

Who let this happen? I'm sure the answer is decades of public officials, some more at fault than others. Who promoted such activity? The progressive wing of the Democratic Party… The Democrats. Wasn't Mike Dukakis big on this? Didn't Martha Coakley ignore illegal immigration issues in Lawrence? I don't remember… you tell me. Sorry folks, you can't blame the Republicans on this one, because you rarely elect them to your state legislature… Republicans are like palm trees in the desert, you could say. Where have the JFK Blue Dog Democrats been?

Now, what do we do about it? The first obvious answer is to demand that State housing require proof of citizenship or legal status to be in this country. Problem solved from a tax payer point of view. Secondly we demand this change from our current crop of elected state representatives and state senators. Third we demand our new Governor rectify this situation. How? Call them. Write to them. Visit them and demand change. Is this worthy of a fight and a march on our State House? You tell me?

Why aren't union leaders getting engaged in this issue? Union bosses have complained about nonunion shops hiring illegals and stealing their jobs for years. Why are unions still supporting Progressive Democrats, who support illegal aliens? Isn't it time for unions to examine their lethal electoral decisions? Fatal decisions that affect your member's bottom line?

Imagine the money we'll save? Imagine that people in need that are actually from Massachusetts, will actually be first in line. Imagine we can start to address the poverty and homeless issues we have with our own citizens. Imagine fixing our problems, rather than blindly supporting the mass of global illegals that have found their way into our state housing. Imagine making budgets bearable, rather than making the increases in taxes we pay, never ending and state budgets unsustainable.

Finally, I remember reading about the days when the late Senator Robert F. Kennedy toured the Appalachian Mountains. He exposed the grave conditions and extreme poverty that was taking place in our own country. It was pitiful back then… My question: Did we ever fix it?

Will we fix this issue? Will you have the courage? Or will the Progressive beat down, which is calling you racist for being patriotic… deter you? Will standing up for your country, your veterans, your elderly, your disabled, your working families and your neighbors, while Progressive Democrats attack you… will this cause you to hide? Really… It's up to you! It's up to you who you'll stand for and for whom you ultimately vote for.

Will I see you on battle lines?

John MacDonald is the President/CEO of Big Decisions, LLC, which is a management consulting business that concentrates on offering strategic advice on Marketing, Public Relations, Economic/ Business Development and Social Media. John has a long career of success, achieving record results in the communications field and spending over 20 years managing marketing budgets, driving the bottom line in the financial services, restaurant, retail and real estate industries.

Doctors Express Comes to Methuen

A New Doctors Express Urgent Care Center opened at 380R Merrimack Street in Methuen last month, drawing local movers and shakers in the Valley, from state representatives and city councilors, to the mayor of another community as well as Governor Charlie Baker's Secretary of Housing and Economic Development, Jay Ash.

After the public and politicians toured the facility, Medical Director, Dr. Nelson Matos thanked everyone for coming, saying that this was the future of medical care.

"I am very excited that we are actually here because that means we are finally in business. We've been waiting for this moment for a long time," he said.

"Many of you know me from the community; I've worked in this community for 20 years. I've worked in private practice. I've worked in emergency medicine. About a year ago, I had the honor of joining Tom and Lisa [Williams], and partner with them to work at the North Andover site of Doctors Express."

"This is an urgent care center, and urgent care medicine is the most exciting thing happening in medicine these days, for many reasons. It provides quick access for patients who are not experiencing life threatening emergencies. We, at Doctors Express have a great team of board-certified physicians who are always ready to take care of patients. We are open seven days a week, which is very convenient. We also network with local community physicians to help provide care for their patients after hours, as well as on weekends."

"We take care of a variety of patients with all kinds of different problems and issues. The only situations that we will not be comfortable addressing would be life-threatening conditions such as strokes and heart attacks. Otherwise, lacerations, orthopedic injuries, colds, flu, abdominal pain, back pain, for all of those things, we are here, and

DOCTORS EXPRESS: PAGE 31

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PHOTOS: TOM DUGGAN

Top Left: Republican presidential candidate Donald Trump visited Hampton, NH last month and was asked by a member of the armed forces if he would use the FBI and the Justice Department to investigate and prosecute people at the VA for their abuse and neglect of our veterans. Trump said that he would. Top right: After his speech, The Donald made a special effort to show off his copy of The Valley Patriot. At Left: Donald Trump waving around his Valley Patriot on C-Span.

CANNOLI EATING CONTEST AT THE FEAST OF THE THREE SAINTS IN LAWRENCE. Lawrence Mayor Dan Rivera was on hand at Tripoli Family Bakery on Common St., to congratulate the winner of the Feast of the Three Saints' cannoli eating contest, Derek Martell! The second place winner was Carmen Giuffrida, and the third place prize went to Mark Battle!

Dr. Gomer of Mt. Vernon Dental Solutions on South Broadway in Lawrence spent Labor Day weekend in Miami, but made sure to bring his copy of The Valley Patriot!! See Dr. Gomer's Ad on Page 1

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Valley Patriot columnist and environmental activist Christine Morabito saves a bird during The Clean River Project cleanup on the banks of the Merrimack River last month. Morabito took the bird home and nursed it back to stable condition for a short time. When the bird couldn't fly, Morabito took it to Tufts Wildlife Clinic where they had to euthanize it because they said it was un-releasable. Special thanks to Jonathan Bergeron for all his efforts to clean up the river and his neighborhood.

Graham Pledges to Make Trump Ambassador to Mexico

"We have a problem with Hispanics for a reason"

South Carolina Senator and candidate for president, Lindsey Graham toured the Granite State indoor Range in Hudson, NH. Valley Patriot polisher Tom Duggan and writer Christine Morabito attended the event and interviewed Graham after a few rounds of shooting. Also present was Gina Marini of NH1 TV.

Gina Marini: What is your game plan for the campaign?

Graham: Meet every man, woman and child in New Hampshire, go to all the shooting ranges, all the coffee clubs, and make the case that I am the best prepared to be commander-in-chief to follow Barack Obama. I've been to the Middle East 35 times in the last decade; 140 days on the ground as an Air Force reservist and on the arm services committee my entire career, I understand the military and what they need how to destroy ISIL and what Barack Obama is doing is not working we're going to need to send some ground forces over to Iraq, and eventually Syria to destroy these guys, because if they don't they're coming here. When it comes to solving problems, I will work with Democrats, it just makes sense, too much debt, too few jobs.

Marini: How are you going to trump the Trump?

Graham: Just being me ... I can tell you one thing having been to the Middle East a lot, if you go over to Iraq and Syria and say we're here to get your oil for our benefit, not only will you not destroy ISIL, but you will turn everyone in the region against you. There are a lot of people in Iraq and Syria, and throughout the region, who wants to destroy ISIL, but if we come to take the oil, that's not the way to destroy ISIL. That's the best way to turn everybody against us. These are serious dangerous times. Barack Obama had no idea what he was doing before he got elected. He has been a very poor commander-in-chief. Don't replace him with another novice.

Tom Duggan: If you become president is there room in your administration for Donald Trump?

Graham: Yeah, I think we're going to make him the Ambassador to Mexico.

Marini: Do you think Donald trump is serious about being president?

Graham: I think he serious. It's about solutions. He tells it like it is. I'm going to tell you like it is. There's no way in hell you're going to deport 11 million people. Plus there's legal children. That never gets to the Senate.

Tom Duggan: Why not?

Graham: Because one, it's impractical. It'll cost $100 billion, and if you want to destroy the Republican Party, keep doing this. We have a problem with Hispanics for a reason, because this immigration debate has taken a nasty time. We can't deport a US citizen [just] because their mother and father are illegal. You shouldn't try. You should deport felons. You should deport crooks and let the others stay, on the following conditions; learn our language ... I don't speak English well but look how far I've come .... pay taxes, and get in the back of the line. And as to the foreign policy, this whole notion of sending an American ground force to the middle east to take their oil, for our benefit would be a disaster, it would be a nightmare for us, it would be a nightmare for our troops, over time we will offer solutions to hard problems, and see what happens.

Tom Duggan: If Trump offered you a job in his administration would you take it?

Graham: No, I would be in the Senate.

Marini: How do you get along with Bernie Sanders in the Senate?

Graham: I like Bernie. He's my favorite socialist. He's actually the only one I know. It's the way the 2015 situation is when you are saying billionaires are out to get you, and the whole system is rigged against the average working person, victims of billionaires and rich people.

Donald Trump is saying, "the illegal immigrants are going to rape your wives, steal your jobs, and China and Japan are coming for us all!" The nightmare of all nightmares would be the legal immigrant who became 1 billionaire. What I'm trying to do is tell you what I think I can do for the country, what I think needs to be done, and how to do it.

I'm not trying to scare people. Or make everybody a victim. Rich people are not the reason economy is doing poorly. The reason the economy is doing poorly for the middle class is because Barack Obama has made it to damn hard to create a job. Illegal immigrants are a national security problem, a cultural problem, and economic problem, but most of them are not rapists, or drug dealers, most of them are hard-working people and we are going to find a way to keep them here on our terms.

Tom Duggan: What about the ones that are? The illegals that are rapists and are drug dealers?

GRAHAM: PAGE 29

(prestando attencione!)

PAYING ATTENTION!

with Tom Duggan

Sanders Draws All White Crowds in Salem NH, While Media Attacks Trump

Because of a late breaking story we had to postpone our story on Bernie Sanders' visit to Salem, NH until next month. In the meantime, we would be remiss if we didn't point out that on the day after Sanders held his all white rally in Salem, NH, the media was criticizing Donald Trump for attracting crowds that "lack diversity".

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Georgetown Man Held Without Bail Following Wife's Death

Tim Coco
WHAV.NET IN HAVERHILL

A Georgetown man accused of physically abusing his 31-year-old wife who later died, was ordered held without bail Wednesday afternoon.

Matthew Church, 33, of Georgetown was arraigned Wednesday afternoon in Haverhill District Court on a charge of assault and battery on a household member following his arrest by Georgetown police Tuesday at 188 East Main St., Georgetown. According to Essex Assistant District Attorney Kim Faitella, an investigation was sparked by a telephone call Church made to his probation officer who, in turn, notified Georgetown police. Faitella told Judge Stephen S. Abany that Church reported the victim fell and hit her chin on a sink after she had been drinking. However, police found the victim was not under the influence, but did suffer other bruises to her arms, legs and back. She refused an emergency medical team's suggestion to be hospitalized for concern of possible serious internal injury. Police found the victim dead during a return call.

"Police placed the defendant under arrest at that time when they were at the house and the victim refused medical attention. Her father had been contacted and he came from western (Massachusetts) to see her. When he arrived, he couldn't get in, he contacted the police. When they went into the home around midnight, she was slumped on the floor against the bed and is deceased," Faitella said.

Charges against Church could be upgraded pending the outcome of an autopsy. According to Faitella, police also checked the victim's telephone text messages.

"The text messages on the victim's phone indicated, 'Okay if you stop beating me, my chest really hurts.' The defendant's response, 'be nice, love.' The victim then wrote, 'You throw me around like a toy lately.' And he indicated, 'Oh yeah, you're perfect. Thanks for the kicks. Please come home. I can't," Faitella said.

Faitella also said probable cause on the assault charge was demonstrated by a history of alleged abuse.

"All indications are this defendant has been physically abusing his wife. She is reluctant to tell as many are. That's probable cause for the assault and battery charge that brings us here today," Faitella said.

Carrie Kimball-Monahan, spokesperson for Essex District Attorney Jonathan Blodgett, told WHAV that Church has been on probation in connection with an alleged assault case last April out of Gloucester, which in May was continued without a finding for 15 months. The couple recently moved to Georgetown. According to Kimball-Monahan, Church violated a probation order to not abuse the victim and to enter a batterer's intervention program. The victim's identity is being withheld pending notification.

A dangerousness hearing is scheduled for Tuesday, Sept. 8, pending appointment of a defense attorney.

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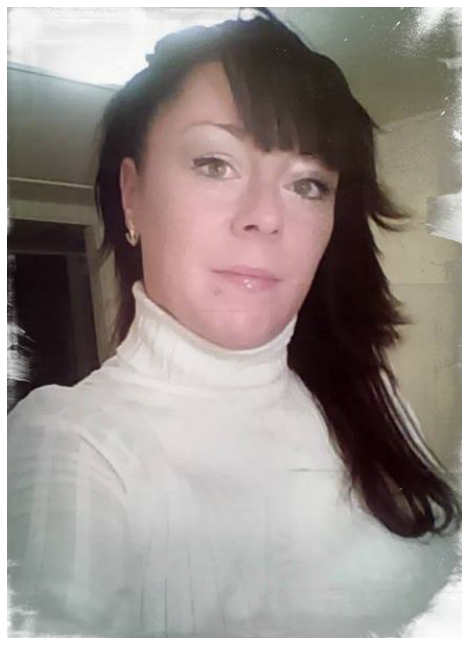

She was a woman in love with a man who could not help her with her addictions. At the age of 11 she took her first drink, and from there a nightmarish escalation materialized starting with prescription drugs, cocaine and eventually heroin. Even the methods to deliver the poison of choice evolved; from ingestion, to smoking to ultimately shooting it into her veins to garner the most intensive experiences required to remove her from facing consequences in a life of perpetual chaos.

Sexually abused as a child, a life of crime, and long periods of incarceration at Framingham MCI rounded out a broken life that seemingly one, in such circumstances, could only escape marginally through drug addiction. Interspersed throughout were periods of failed recovery, ranging from honest attempts to false ones.

But in the throes of her despair, the union produced two beautiful children and thereby she began a new chapter in life; part breathtaking, part surreal, all of it tragic. This is the story of a woman who is willing to tell it; Angela Chalifour of Lynn.

Ms. Chalifour's experience with the matted, tangled, web of the criminal justice system and her battle to fulfill the "permanency goal" of the Department of Children & Families (DCF) as mother who should raise her children is a study in broken lives, proliferated by broken bureaucracy.

The central issue remains; her children were whisked away into a life of uncertainty and separation from their mother and remain in the custody of the DCF through foster care. Though no direct criticism against case workers who bear a terrible burden to protect children is warranted, the process and conditions under which they endure their vital work should be illuminated. Improvement is essential.

Most people don't know is that addicted persons who want help often fail to get it because there are almost insurmountable barriers to having access to it. The overarching condition is simply an insufficient number of beds and facilities. Compounding the problem are other issues, such as so-called "Half-Way" houses which do not admit candidates unless they are actually addicted and need detox. Incredibly, Angela experienced several episodes where she was "clean" but would not be admitted to a facility. A similar scenario exists with hospitals refusing to admit someone for complications related to illicit drugs. They will treat the immediate symptoms at best, and then show them the door. And finally, for those with little to no insurance, detoxification is typically available for four days. This is just barely enough to help remove physical dependency. Without further treatment and counseling, which is really needed for many weeks and months, it is common for those with the best intentions to fall back to their old ways of life - addicted.

In short, Ms. Chalifour's struggle has been a swirling saga to "section" herself into recovery, and yet being barred from it because of lack of "qualifications".

The current legal battle line is that her children are kept away from her because she had one relapse in 3 years of recovery. She overcame that episode quickly, and her file fully documented this. However, agencies and caseworkers have poor means of sharing case-file information that would show the remarkable, determined and progressive journey of this woman towards living a drug-free life. So what is happening is that isolated decisions by caseworkers can negatively "profile" a person inadvertently. Furthermore, few agency workers accept that relapse is often a normal and necessary "sign post" in the recovery spectrum. Recovery is a spectrum, and on it are often episodes of relapse.

But Ms. Chalifour's story is not over though. She is actively involved in a church and is a social advocate for homeless and addicted persons, working in a ministry that literally scrape broken and addicted people off the streets in places like Lawrence, Lynn and Lowell. She has helped countless victims of addiction and has offered prayers of hope as steps towards recovery. She certainly gets their attention when she tells her story, and offers credible, tentative steps for a way out from a life of addiction.

In the meantime, her legal challenge with DCF is to get a chance for her children to grow up with their mother. And this is the hope of thousands in her situation who, through their fortitude and the help of a compassionate few, labor to overcome a dislocated system after they have overcome their addictions.

The system has elements that work really well, especially when protecting the most vulnerable children in society. But ultimately, the restoration of the family as the primary means to save children must become what agencies excel at. Their ability to correctly re-classify genuinely transformed parents who can adequately raise children is the "renaissance" needed in social service agencies today.

Regarding Ms. Chalifour's case for now, the devil is mired in the details and many are wishing her and her children a good outcome.

Joe D'Amore is a member of the Board of Selectmen from Groveland

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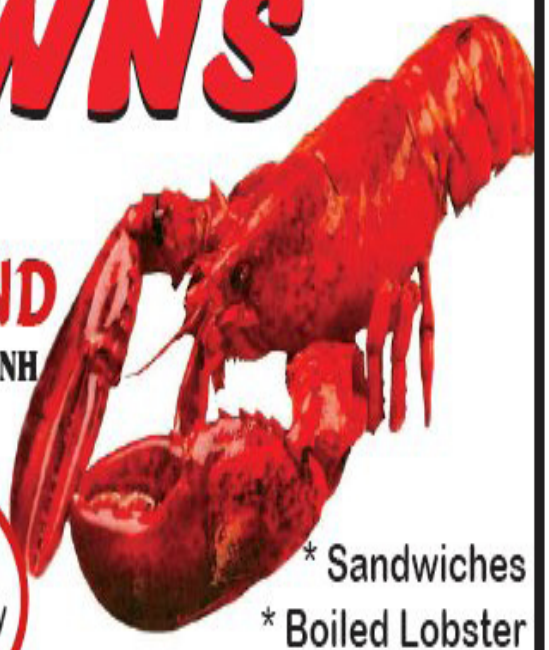

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Civic Group Protests Sewer Charges, Working with EPA Officials

Saab Says EPA Grant Must be Reopened to Oversee Town

Salisbury beach residents say they are fed up with Town Manager Neil Harrington and the board of selectmen ignoring their complaints about the town overcharging for sewer and water. For those who only have property occupied at the beach during the summer, homeowners are charged for sewerage through the winter, even if no water and sewer is being used.

At the annual meeting of Salisbury Beach Citizens for Change, president Tom Saab said that his organization is not only fighting to change the way the town gouges beach residents for sewer charges, but is also working with the EPA to enforce the terms of the multimillion dollar grants the town received from the federal government when they built a new sewer plant.

"Everybody knows your sewer rates went up in January. [They] went up 33%," Saab told the crowded hall on the Pavilion. "We went, spoke, and we fought, we begged. Paul Magliocchetti, our attorney was with us, as well as many others, we went to the preliminary meetings and we spoke and we presented the statistics and we presented the fact that throughout the state of Massachusetts (with 351 cities and towns) only 7% charged by the EQR (by individual housing units).

"We pleaded with them and said this is not fair and equitable ...which the EPA requires. It's not fair to charge us the way they charge us. It fell on deaf ears. They unanimously voted to raise the rates and to keep it being charged by EQR (charging each home by individual housing units). Which again, is not a fair and equitable system. Paul Magliocchetti and Al Dawson spent three hours at the federal EPA headquarters in Boston three weeks ago. We went through files upon files of the Salisbury sewer grant program from years ago, starting in the 70s. And we found this letter and here is a summary of what we found:

"'On December 23, 1992 after review of the sewer user charge system in the town of Salisbury by the EPA engineer, Mark Malone, the letter was sent by EPA federal grant administrator, Anthony Depalma,

to then town manager Michael Basque, which stated that:

"'The current method of charging for sewer use was not the best system in the town's particular circumstances, therefore, we' ... meaning the EPA who gave to town $18 million, said, 'therefore, we recommend that the town revise its user charge system, to one based on actual use.'"

"The town of Salisbury neglected to pay any attention to this. They probably just threw the letter in the trash."

Saab said that when he talks to EPA representatives they tell him "look, when the EPA gives out millions and millions of dollars to a town or a city, then makes a recommendation, guess what, they follow the recommendation.'

"But the town of Salisbury chose not to follow the recommendation of the EPA. And to this day, they again continue to not listen to the EPA recommendation of 20 something years ago.

Saab said that an average elderly couple living in a one bedroom year-round, should be paying what is fair and equitable. "not paying for a family of eight who would be living in a 2 ½ bathroom two floor home. You have to pay what is fair and equitable. And what is fair and equitable is not having boarded up buildings, like Al Dawson has the buildings he has not been able to refurbish, he's being charged for sewer use. Imagine having property shutdown and boarded up and being charged for sewer use."

"Those of you who have seasonal properties, who pull your meter out in September and October, and don't put

SALISBURY: PAGE 29

NEWBURYPORTGUIDE.COM

Things To Do this September in the Greater Newburyport Area!

Rebeccah Pearson
VALLEY PATRIOT NEWBURYPORT COLUMNIST

The 14th Annual Riverfront Festival in Conjunction with WXRV and 92.5 The River. - Spend the day on the waterfront in Newburyport on September 5th, from 12-7pm! Come early and enjoy great food & shopping while waiting for the concert to begin. This year's line-up includes Ryan Montbleau Band, Houndmouth, Saint Motel, Scars on 45, and The English Beat. Vendors will by in Market Square all day.

September 25th at 8pm – Belleville Roots Presents 3x Grammy Nominee Ruthie Foster at 300 High Street in Newburyport, MA. For more information on this musical performance, please visit www.Bellevilleroots.org.

Saturday, September 12th, 9am-2pm - MRFRS Yard Sale, at the MRFRS Adoption Center, 63 Elm St, Salisbury, MA, 01952. For more information, go towww.mrfrs.org, email info@mrfrs.org, or call 978-462-0760.

Saturday, September 19th, 10am-2pm - MRFRS Plant Sale, at the MRFRS Adoption Center, 63 Elm St., Salisbury, MA, 01952. For more information, go to www.mrfrs.org, email info@mrfrs.org, or call 978-462-0760.

American Music and Harvest Festival September 26th, 9am-7pm - Enjoy a full day of music, baseball, and farm activities featuring four decades of American music. This festival celebrates everything from traditional to bluegrass, funk, folk, and beyond. Watch the Essex Baseball Association play by 1861 rules. See tractors and other farm equipment spanning the last 80 years. Try your hand and win prizes at corn husking. Learn how simple machines help farmers pump water, press cider, and prepare food. Enjoy a wagon ride through brightly colored autumn fields. Build scarecrows and make fall crafts. Tour the 1690 stone and brick manor house. Lunch vendors with vegetarian and gluten-free options are available, along with cider, donuts, and farm produce. Please call 978-462-2634 for more information.

Sunflower & Stars Farm to Table Dinner - Thursday, September 10th, 6:30-9:30pm, Friday, September 11th, 6:30-9:30pm, and Saturday, September 12th, 6:30-9:30pm - Come experience the magnificence of the Colby sunflowers with front row seating on the field at the 2nd annual Sunflower & Stars dinner. A gorgeous sailcloth tent, local wine pairings from Zorvino Vineyards, fabulous local ciders from Far From the Tree, and an amazing 6-course meal prepared by Chef Paul Callahan of No. 8 Kitchen & Spirits. The last bite will be an amazing dessert from Market Square Bakehouse! A portion of the proceeds to benefit Essex County Greenbelt. Last year was sold out both nights, so get your tickets early. $85 per person - $150 per couple. Evet is held at Hiller Field located at 50 Scotland Road, Newbury, MA.

RABBI: FROM PAGE 5

perform various mitzvot.

In Elul, we are urged specifically to give extra charity; to spend more time connecting with God through prayer; to have our mezuzot and tefilin checked by an expert scribe (and to put mezuzot on those doorways which might yet need them); to observe the laws of kashrut more carefully; to bless our friends, neighbors and relatives with a good, sweet year.

Using the spiritual space we're given during Elul to its fullest capacity can only be to our benefit for the coming year.

Wishing you and yours a Happy, Healthy, Sweet New Year - and Shabbat Shalom!

Rabbi Asher Bronstein

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SHEILA'S RECIPE CORNER

SHEILA MULLINS
VALLEY PATRIOT RECIPE COLUMNIST

It's still summer, thankfully! I have some quick dishes to make getting a meal together & on the table in quick time for you today.

Monkfish Tower Hill

Many moons ago, when I still lived in Wilmington, DE, I went to a school called Tower Hill School. The school colours are green & white & that's what this one pot meal reminded me of when I actually saw it finished: green & white. This is a quick, one pot, all in one meal that really doesn't take more than 20 minutes start to finish.

If you have never had monkfish, it's called the poor man's lobster. It's sweet & it's one of Jerry's favourite fishes so I always make him monkfish anytime I see it available.

1 lb. monkfish, silverskin removed & cut into large chunks
1.5 c frozen broccoli florets
8 oz white button mushrooms, sliced
1.5 T each butter & olive oil
salt & pepper
2 T chopped fresh parsley
1 large garlic clove, minced
1 small onion, chopped

In a large frying pan, heat butter & olive oil on medium high heat. Add onion, saute until transluscent. Add garlic & saute 30 seconds. Add all other ingredients other than parsley. Saute until monkfish is just opaque, about 5-8 minutes. Garnish with parsley. Serves 2.

A little something, something...that's all I want for dessert. A quick finish to the meal that doesn't take long, tastes great, & doesn't heat up the kitchen for too long. Puff pastry to the rescue! This is a 17 minute preparation time, including the defrost time for the puff pastry(!) & 5-7 minutes of baking time. Now THAT'S fast!

Peaches & Puff Pastry

2 large peach or other nearly ripe stone fruit, sliced
¾ c prepared lemon curd, e.g. Stonewall Kitchen
1 sheet puff pastry, thawed
¼ c sugar

Preheat oven to 400°F. Line a baking sheet with parchment paper or a Silpat.

Cut the thawed puff pastry sheet into 4 pieces & place on the prepared baking sheet. Leave a little room between the pieces. Prick each piece with a fork every ¾" but leave a ¾" border unpricked.

Spread ¼ of the lemon curd on each dessert leaving a ¾" border. Place the peach slices on top & sprinkle each with 1 T of the sugar.

Place in oven & bake for 5-8 minutes or until edges are puffed & lightly golden brown. Serves 4.

All recipes are created by Sheila Mullins & taste tested by Jerry & Sheila Mullins & sometimes friends & family. Sheila lives in Newburyport & is an interior designer & a personal cook. She can be reached at Sheila_A_Mullins@hotmail.com & she looks forward to hearing from you.

TV TALK WITH BILL CUSHING

Rectify: The Best Show You're Not Watching

Bill Cushing
VALLEY PATRIOT TV COLUMNIST

I'm asked a lot if I have any recommendations of anything good to watch on TV. Any shows that may be under the radar or that are not very well known? This month I'm going to talk about just such a show.

That show is called Rectify. Rectify just finished its 3rd season on the Sundance Channel. It was Sundance's first entirely scripted show when it premiered in 2013.

Rectify follows Daniel Holden (Aden Young), a man trying to put his life back together in a small town in Georgia after spending nearly 20 years on death row. He was convicted of the rape and murder of a teenage girl, before new DNA evidence overturned his conviction.

He returns to his hometown, which doesn't exactly welcome him with open arms. Many in the town still believe Daniel is guilty of the crimes of which he was accused.

Daniel finds support in his mother (J. Smith-Cameron), and his younger sister Amantha (Abigail Spencer) who fought for years to get Daniel exonerated. However Daniel's stepbrother Ted, Jr. (Clayne Crawford), whom Daniel was never close to, is very skeptical of Daniel. Never believing in Daniel's innocence, he is also extremely jealous of Daniel's relationship with Ted, Jr.'s wife Tawney (Adelaide Clemens.)

While Daniel tries to adjust to life back in society, law enforcement is still investigating the rape and murder Daniel was convicted of, trying to prove that Daniel actually was the person who committed the murder.

The show is methodical in its presentation. The story unfolds slowly. While Daniel's story and the mystery of his guilt or innocence is the focal point of the series, the real heart and soul of the show is the story of the family he left behind and how they're adjusting to his return. The story is intercut with flashbacks to Daniel's time on death row, giving us insight on what he experienced there and who he encountered. The show explores how the actions, or alleged actions, of a single person can change an entire family.

It is the changes that Daniel's family experiences, that makes the story so interesting. It is the performances of a great cast that make the story worth watching.

While the show may be a little slow for some, watching Rectify is like reading a great book and getting lost in the story. Rectify is a show about redemption, renewal, forgiveness and the steps that people take to find their way in this world.

TV is an industry that imitates. It isn't often that you can watch a show and really feel you are watching something unique. That is how you feel when you watch Rectify. It really is unlike anything else on TV.

Aden Young's powerful performance as Daniel is as good as any performance on TV. Every actor on this show does such a great job conveying the emotions that each character is feeling.

Rectify was created by Ray McKinnon, who many people may know as the actor that portrayed Lincoln Potter on Sons of Anarchy. Executive Producers Mark Johnson and Melissa Bernstein have also worked on Breaking Bad and Better Call Saul. McKinnon has created a brilliant drama series, beautifully acted by an amazing cast.

The show was recognized with the 2014 Peabody Award. One of the most prestigious awards that a television show can receive.

Rectify is one of TV's best.

The first 2 seasons of Rectify can be found on Netflix, while season 3 can be watched On Demand. Do yourself a favor and watch it.

Do you have any questions about TV? Email me at BillsTVTalk@gmail.com. I will answer all of your questions and will feature some of the questions I receive in a future column.

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Choose Dr. Oliver Sacks over Lucian Leape or Alice Newton

Bharani Padmanabhan, MD, PhD
MEDICAL CORRUPTION COLUMNIST

Dr. Oliver Sacks passed away last week from melanoma of the eye. He was best known for awakening people frozen into catatonic parkinsonism by the Spanish Flu and forgotten at the Beth Abraham Home for the Incurables. All they needed to awaken into normal life was a bit of levodopa. It was Dr. Sacks who thought of it and put his professional life on the line to give it to them. If you haven't seen "Awakenings" yet, the time is now.

Of course that wasn't the first time he had gone out of his way for a patient. When a blind, paralyzed, terminally ill patient learned Dr. Sacks was an avid motorbiker, she expressed a wish to take one last ride with him along the twisties of Topanga Canyon (Cali 27). Dr. Sacks arrived one fine Sunday with 3 heavy bikers who all carried the patient out to Dr. Sacks' bike and securely tied her in place to him and his bike. She loved the ride. Dr. Sacks was almost fired as a result for being "unprofessional" and "disruptive" but was saved by the patient's staunch support.

That he was almost fired tells us all we need to know about those who occupy the higher rungs in medicine.

It wasn't any better after he awakened the catatonic. "Professional" doctors from the big teaching hospitals, who had all condemned the patients as beneath their time, "publicly roasted" Dr. Sacks for proving they were uncaring wastes of space.

Things have gotten a million times worse thanks to Harvard's Dr. Lucian Leape who has relentlessly campaigned against the likes of Dr. Sacks and through the American Medical Students Association has ensured future generations of American doctors will not be like Dr. Sacks.

Dr. Sacks represented everything Dr. Leape loathes and defames as "disruptive" - he cared totally about the individual patient, their lives, hopes, dreams, and humanity.

Unlike Dr. Leape, Dr. Sacks did not sit around telling other doctors that they killed 100,000 patients every year and that they needed to purchase expert consultancy from his LeapFrog Group.

Instead, he devoted his life to his patients and to reminding the general public that neurological patients were as human as us all, and sometimes a bit special. He loved it when they survived their deficits or excesses and thrived.

Never ever did Dr. Sacks look upon patients as a number or a means to an end, a stone upon which to step to falsely boost one's "career."

Meaning, he was never ever like Harvard's Dr. Alice Newton, who crushes good families to build herself up as an expert in "medical child abuse" (whatever that is) without any evidence and even when the evidence clearly shows that the parents are loving and never harmed their child.

Harvard's Dr. Alice Newton has finally been shown to be a total fraud three times in a row, first in the Justina Pelletier case, then the Wilson baby case and now this very week, in the Irish Nanny case.

In the real world, three times and you're out is enforced, even in law. When it comes to Harvard teaching hospital doctors however, we can expect the law to be ignored.

After all, it is always the cold ambitious sociopathic fraud who climbs the ladder and receives the accolades, awards, research grants and gushing write-ups in the Globe. The kind that Ben Hecht termed "The Respectables."

Dr. Sacks, as expected, had only 20 published papers to his name and none of the long list of awards "the Respectables" give each other. Other members of "The Respectables" did not fall over themselves to laud him to the stars. Her Majesty's Sir

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THE DOCTOR IS IN!

Preventing Medical Errors

Dr. Frank MacMillan, MD
VALLEY PATRIOT MEDICAL COLUMNIST

I may be a medical doctor, but I am also somebody's son, brother, husband, father, and friend to many non-medically educated people who might need to engage the health care system. Patient safety and prevention of medical errors is a matter of deep importance to me and should be to us all. As much as life can be unpredictable, medical errors that are preventable should be prevented from happening in the first place. There are things the public can do, and that is the focus of why I am shining a light on the topic.

I have a story about a friend who presented with pain in the left side of the abdomen. She went to an emergency room and was correctly diagnosed to be having a kidney stone. The problem occurred because the report given to her stated an error in the placement of the decimal point. She was told that her stone was 2.8 millimeters. It was actually 2.8 centimeters (ten times larger, and not quite the size of a pebble, but rather a golf ball size with a different expected outcome). She was also told it would pass and to strain her urine to recover the stone for testing, which was actually ridiculous based on its true size and actual location.

Based on the erroneous information, she underestimated her risk of problems, and went on a planned trip with friends out of state. When she had another attack of pain, she sought care at an out of state emergency room and was correctly told of the large stone that had not moved at all, but was causing swelling in her kidney and that the pain was a result of the obstruction caused by the stone.

When she told me the story, and the information that was provided by the out of state hospital not agreeing with what she had been previously told, my immediate response was for her to request the local records and look at the original information.

The point that I want to make is that when something doesn't make sense, don't rely on the judgment of others. Get the original reports, ask questions, and come to your own conclusions.

Many physician practices, hospitals, and other health care providers now offer a window into your own health information. These windows are often called "patient portals." If you have the opportunity to sign up for access to your medical records, you absolutely should do so. When you have a test, the raw, unfiltered data should be available to you shortly after it is reported to the ordering doctor. If abnormal results are flagged, and the results have not been adequately explained, that should be a trigger for you to ask questions.

Had my friend had access to her results promptly, she may have better questioned her diagnosis, and may have chosen to follow up more urgently and delayed her trip out of state until she was well. She will ultimately need surgery to remove this stone, and it won't be passing on its own. Definitive treatment was delayed by this error and she has suffered because of it, but fortunately she will not be permanently harmed by that delay.

The real point is, is that we also have a responsibility for our own health. We should avail ourselves of the original clinical information and data whenever possible. We've almost certainly already paid for it. Don't be afraid to ask questions. Questions should not offend anyone if they are asked honestly and for a reasonable purpose. I am aware that medical information can be intimidating and sometime difficult to understand. Your doctor or nurse practitioner should make it a point to explain the findings in layman's terms, and in such a manner that you should be able to take control of steering your own health care decisions. As Justice Brandeis once stated, "sunlight is the best disinfectant."

Dr. MacMillan specializes in Gastroenterology and Liver disease and is a member of the North Andover Board of Health. Dr. Macmillan was recently elected by his peers to be vice Speaker of the House of Delegates at the Massachusetts Medical Society and alternate Delegate from Massachusetts to the American Medical Association. Dr. MacMillan is on staff at Holy Family Hospital Haverhill and Methuen, Anna Jaques Hospital in Newburyport, Lawrence General Hospital, and Parkland Hospital in Derry, NH and is the President of the Massachusetts Gastroenterology Association. Dr. MacMillan also serves as Massachusetts Governor of the American College of Gastroenterology and is a Fellow of the College.

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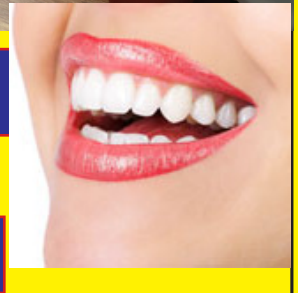
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Ye Gay Ol' Valley

Inequities or Discrimination

Dani B. Langiven
VALLEY PATRIOT LESBIAN COLUMNIST

There is a car commercial being aired that has three tongue and cheek elderly ladies having some fun with a male salesman. The old ladies throw down some cliché pickup lines, one kisses her own finger and plants on his mouth, and they make comments about his "rear end". It's cute, it's clever, and comical, but it is also sexual harassment. Because it is three older women ogling a much younger man, young enough to be their grandson, it's acceptable. Let's flip the coin. What if it were three elderly gentlemen and one very young female salesperson? I'm pretty sure we'd be sitting on our couches feeling a bit uncomfortable and maybe in need of a shower. Switch sexes and the whole scene is viewed in a totally different light.

Why is it okay for the older women to have inappropriate banter with the young man, but not the other way around? The world is full of inequities. Should we just accept them and move on or should this be yet another thing we find offensive and take efforts to make it stop? And the inequities do not stop with one's sex.

I did not see Fifty Shades of Grey. I tried reading the first book, but couldn't get past the first five pages. The writing was terrible. I understand the attraction of Hi-Lo books that offer a high level of interest (in this case sex) at a low reading level, however, E. L. James really sunk it to an incredibly low reading level yet made her rich. I digress. A major complaint of Fifty Shades was that it romanticized an abusive relationship and was swallowed (no pun intended) hook, line, and sinker by millions because it involved a wealthy, good-looking man. Replace that man with a grossly overweight, poverty stricken, unshaven, uneducated, unemployed cellar dweller and it will longer be called an erotic romance, but a sadistic prolonged rape. This time we are not switching sexes; we are switching financial and physical attributes. Is this fair? Why should the rich man have all the fun with no consequences where poor, fat guy with be jailed in a heartbeat.

Another subject I find interesting, inequitable and near to my heart is the gay community and those who make it up, both singular and in couplehood. Many straight men love lesbians and many straight women love gay men. However, it is for very different reasons. Straight men are lesbian lovers because somewhere in the back of their sexually driven adolescent minds they think they have some minute chance of being welcomed into a lesbian couple's bed. Ain't gonna happen boys. They're lesbians; they don't want what you have to offer. Sorry. Straight women, on the other hand, love gay men because they can shop, exchange fashion and redecorating secrets, gossip, and discuss men together. AND there are no straight women, that I know of, who like being around gay men because they hope to be invited into their bed with their gay lover. Sticking to this subject along with that of inequities, why do these women have a nick name-Fag Hags? The men who love lesbians don't have a nickname. I'm going to give them one. From now on they will be known as Dyke Dogs. That makes it more equitable.

Speaking of names and/or labels, why is it that I am the only Valley Patriot columnist with one? I am "Dani Langevin-Lesbian Columnist". No other columnist has a label. Well, I guess Puppy Girl has one, but I'm pretty sure if I were in the news for some nefarious act it would be made known to the public that I am a lesbian. Whereas, if Kate Whitney was on the news for the same reason they would simply use her name and NOT her Puppy Girl status unless of course it had to do with animals. They certainly wouldn't mention that she is heterosexual. Here in lies another dissimilarity in how certain groups are treated or referred.

Why do we have these inequities between groups? Is it discrimination? As asked earlier, should they simply be accepted and ignored or addressed and changed? Should African Americans have accepted sitting at the back of the bus, and using separate entrances, water fountains and bathrooms? Should women accept lower pay and the view that they are the weaker sex? Should the confederate flag still be flying? Will there be a world where inequities and discrimination do not exist? This columnist has a very pessimist belief that they will always exist. Although this may be true, I do believe that we must do our best to work at leveling the playing field and view all people as equal and deserving the same inalienable rights without fear of discrimination or that others will receive preferential treatment. We must always strive to do better, be better, and make the world a better place. "The earth is the mother of all people, and all people should have equal rights upon it," –Chief Joseph.

Dani Langevin is a teacher and has a Bachelors in Fine Art and Masters in Education. She has written four young adult novels, one of which is self-published. You can email Dani at DaniBLangevin@aol.com

Beneath the Surface

The Age of Insanity

PAUL MURANO
VALLEY PATRIOT COLUMNIST

There is a curious phenomenon occurring in our time that is becoming more and more apparent. It is both fascinating and disturbing; bewildering yet ubiquitous. It is a phenomenon to behold, not because of its excellence but because of its bizarreness. Future psychologists will find it puzzling and future historians challenging - how there was an era in human history in which civilized man collectively chose to reject that which distinguishes him from all other animals: human reason. It will be known as the age of insanity.

From the time of Socrates, man's use of reason was shown to be the crowning glory of his personhood. Reason by its nature seeks truth and meaning. It can discover human nature and natural law and is the bridge that enables people of different faiths and backgrounds to live together in peace. It distinguishes superstition from religion, magic from science, and desire from hope. Reason detects truth, meaning, and purpose, without which everything becomes simply opinion, bias or desire.

Yet, we are in an era that denies reason. We have decided to follow our senses rather than our mind. In other words, we have chosen to be more like animals than persons. This has resulted in a strange polarization of world views. By rejecting reason, we are left with two extremes: fideism and scientism, such as found in religious fundamentalism and secular humanism. Both extremes are devoid of reason. Both extremes lead to many false conclusions about life.

Indeed, that all-important middle ground between experience and faith, that "common sense" based on human reason, has been lost. On the one hand, religious fundamentalism denies what reason uncovers in the scientific realm. On the other hand, secular fundamentalism sees all thought that seeks truth and meaning as "religious" or dogmatic. It almost never fails, for example, when I discuss issues of basic right and wrong with people in an attempt to follow reason as part of a dialogue, I am invariably dismissed as proposing arbitrary religious doctrine. Even though nothing religious is mentioned at all, the very notion of seeking an objective truth today is seen as religious by the left. Such secular fundamentalism has become so pervasive in the media, academia, and now government, that it has become the default ideology of our time, making it virtually impossible to hold a reasonable dialogue or debate with anyone. The deep abyss between sensual experience and religious faith caused by the dearth of reason disables any common starting point. Without reason, all disagreement and debate becomes clashing wills and a power struggle rather than two sincere truth-seekers following reason together. 'Might makes right' is its logical conclusion.

How has this rejection of reason occurred? Why has dialogue become so

futile? This is a big question. The basic answer rests in the denial of Truth. Reason is our natural light that rightly orders the many thoughts, ideas, and perceptions we have. If there is no real path or right order, if there is no objective truth to seek, human reason becomes useless and purposeless. If there is no ultimate objective standard by which the value of all things is judged, truth becomes meaningless and morality relative. From ancient times, pagans and theists alike sought this ultimate standard of truth, goodness, and beauty. Their hope made it possible to follow natural human reason and natural law without the supernatural aid of grace. Moderns, on the other hand, despite having known this Standard, have rejected it. Rejecting God means automatically rejecting reason. Without any hope of an ultimate standard of reality, all reality loses it meaning and order. Being "free" from Truth and Love Himself leads us inward to embrace our own disordered desires and appetites. It leads us redefine reality according our liking, rather than accepting what actually is. We will without reason, desire without truth. We have life without a reason to live.

In this age of insanity we now see videos in which innocent human beings are killed and dissected for their body parts, and the White House defends it. We see an ex-Olympian winning an ESPY award for wearing a dress and pretending he's a woman, and we are all pressured to call him "her". We are told by the Supreme Court that the natural foundation of society that unites the sexes into one-flesh creating offspring is equal sodomitic couplings.

When Reason Himself is rejected reality becomes chaos and morality, relative. We enter into an age of insanity at which historians will look back and shake their heads in disbelief.

Paul Murano teaches philosophy and ethics at North Shore Community College, hosts Beneath the Surface radio show Monday nights 9-11pm on 980 WCAP, has a Tv show on Burlington Cable Access, and co-hosts the Paying Attention! radio program with Tom Duggan. Paul is also chairman of Heartbeat Pregnancy Help in Burlington and is a singer/songwriter/musician. Email Paul at PJDM@aol.com.

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Clean River Project: Enviro Group Leads by Example

Christine Morabito
VALLEY PATRIOT COLUMNIST

While it is fashionable to say you care about the environment, at least one nonprofit organization is putting words into action. I recently had the opportunity to join the Clean River Project on the Merrimack River in Lawrence. The clean-up was sponsored by Siemens, and I was amazed at what could be accomplished with a handful of volunteers unafraid to get their hands dirty.

I went home exhausted and in need of a good scrubbing, but not without some new friends and a fresh appreciation for this a vital natural resource, that happens to be right in my own backyard.

On our field trip, I had the pleasure to work alongside some very energetic Siemens volunteers and two candidates for Lawrence City Council: the always cheerful, Myra Ortiz, and Jeovanny Rodriguez, who grabbed my hand to keep me from sliding into a seething pool of muck and mire. Our cleaning efforts were rewarded with a delicious lunch donated by Three Dogz Diner.

Clean River Project volunteer, Jonathan Bergeron, feels that the Merrimack River is under-appreciated by residents, mostly because they don't have access to it. This is something the nonprofit is trying to change. Through public education and river tours, they hope to get people out on the water. According to Bergeron, the group's goal is not to further burden the taxpayers by soliciting money from the government. Instead, they look for individuals and corporate sponsors who want to give back to their communities. He looks forward to the day the group is no longer needed. Then, he says, he and his family can spend more time fishing and kayaking this beautiful stretch of water.

The 110 mile Merrimack River has gotten a bad rap over the years, some of it deserved. The river has an exceptionally strong current in places and, as with many large bodies of water, drowning incidences do occur.

Before Congress passed the Clean Waters Act in 1972, the Merrimack was considered one of the most polluted rivers in the country, mostly due to waste products from textile mills in this once heavily industrialized part of the country. Once people were educated, and, yes, legislated, things improved dramatically. However, illegal dumping continues to be a problem.

In the 1970s, Massachusetts had the distinction of being the "Car Theft Capital of America." Stolen cars were often dumped in the river. That means gasoline, grease, oil, antifreeze, batteries and corroding heavy metals ended up in the water too. The presence of these and other pollutants creates a problem for the nearly 600,000 people who rely on the Merrimack for their water supply. It is also unhealthy for fish and other wildlife living in and around the river.

The Clean River Project is committed to making a difference. To date, they have pulled out almost 60 cars (some with keys still in them) and over 8,000 tires. To help locate the vehicles, volunteer divers use sonar equipped with GPS, donated by Raymarine. They also remove a staggering amount of trash, appliances and scrap metal, recycling whenever possible. Discarded fishing line is also removed, before birds, fish or mammals can become fatally entangled in it. Much of the group's work is done along the shores of Lowell, Lawrence, Methuen, Haverhill and Newburyport.

Many nonprofit organizations have highly paid executives and enormous administrative costs. This is not the case with the Clean River Project. Founded in 2005 by Rocky (Dick) Morrison, the current staff is completely volunteer.

Partnering with the project is a great charitable option for corporations. The clean-ups spread goodwill throughout the community and offer employees team building experiences. Donations to this 501(c)3 are tax deductable. Some of their sponsors include Keurig, Rockingham Boat, Coady's Towing and SPS New England, Inc..

Kevin Houlihan, service manager at Siemens Building Technologies, has been involved with Clean River since the beginning. He said Siemens' business model is about helping customers conserve energy and reduce their carbon footprint. "This project dovetails nicely because of its focus on recycling and getting stuff out of that water that doesn't belong there."

The Clean River Project's Open House is Sunday, September 20, at 1022 Riverside Drive, Methuen. Visit their website for more information and great videos: www.cleanriverproject.org. Volunteers are vital to the effort. Contact them at (978) 590-9374.

Christine Morabito is a psychiatric nurse, a resident of Haverhill, president of Protect Our Vote New England. You can email Christine christine.morabito@hotmail.com

Keeping People Healthy and our Environment Safe

IN YOUR CORNER WITH SENATOR KATY IVES

In January, I filed Senate bill 1200, An Act to Reduce Exposure to BPA, which is currently before the Joint Committee on Public Health. Bisphenol A (BPA) is a chemical that has been linked as a health and environmental pollutant. In January 2011, the Massachusetts Department of Public Health banned children's reusable food or beverage containers containing bisphenol-A. BPA poses health risks, both physically and behaviorally and has been linked to cancer, heart disease and developmental impairments in children. There has been momentum in banning BPA from all products, such as food packaging and receipts. Recent studies show an increase of BPA in the bloodstream from receipts. Many receipts such as store and fast food receipts, airline tickets, ATM receipts and other thermal papers all use massive amounts of BPA on the surface of the paper. Senate Bill 1200, would ban the use of this chemical in receipt paper.

Last year, the Environmental Protection Agency (EPA) initiated an action plan with recommendations for the replacement of thermal paper with safer technologies.

A quick test can tell you if the paper you're handling is of the thermal type. Scratch the printed side of the paper. If you see a dark mark, the paper is thermal. Studies conducted show a drastic increase of BPA in ones bloodstream even after only seconds of handling. There have been studies done, that even show after washing your hands traces of this chemical are still found in your blood stream and using hand sanitizer showed a significant spike in the amount of BPA one has absorbed. The issue may be even more of a concern for cashiers, who handle receipts all day, and who may frequently use hand sanitizer to protect against illness.

This bill if passed into law, would protect consumers and employers and serves to reduce toxins in our environment.

Below are ways to reduce your exposure from BPA-coated receipts:

1. Wear nitrile gloves (widely available online or at drugstores) if your job requires frequent contact with receipts.

2. Decline paper receipts at gas pumps, ATMs or retail cash registers, opting instead to have your receipt e-mailed if you're given that choice. If you can, use your smart phone for plane and train tickets.

3. Use a sealed plastic bag to store receipts you need to keep rather than carrying them loose in your wallet, purse or shopping bag. The coating can just as easily rub off on other items and when you handle those, you'll be picking up the BPA.

4. Wash your hands as soon as possible after touching receipts, especially before cooking or eating food. Use soap and water rather than alcohol-based hand sanitizers, which increase the skin's ability to absorb BPA.

5. Avoid handling thermal paper if you are pregnant and keep it out of children's hands too. Studies suggest prenatal and early life exposure to BPA poses the greatest potential health risks.

I will be focused this fall on offering informative testimony before the Joint Committee on Public Health and will work to get this bill before legislators for action.

Senator O'Connor Ives can be reached at: KATHLEEN.OCONNORIVES@MASENATE.GOV

BABIES AND BRIEFCASES

OVERCOMING THE NEW SCHOOL JITTERS

Cheryl Hajjar
VALLEY PATRIOT MOMMY COLUMNIST

With the 2015 school year underway, our children are all headed back to new classrooms. That means many of them might be a little anxious or have fears on going back. A sense of nervousness is pretty common and to be expected. Some of the thoughts that might be floating around in your child's head might be, "Will I like my teachers?"
"Who will sit with me at the lunch table?"
"Will I get lost?"
"Am I going to be able to handle the schoolwork ?"
"Are my clothes cool enough?"

These questions and many more are normal for your child to be asking themselves. Some children may even regress a bit and wet the bed, thumb suck or start complaining of a stomach ache or a headache, just to try and avoid going to school. These are tell tale signs that your child just has a case of the new school year jitters.

So what can you do to prepare your child and help them feel a little less anxious? Here are a few ways to ease them into a healthy school year.

ESTABLISH A ROUTINE- When a child is experiencing anxiety, it is common for them to forget to eat or not get enough sleep. This will only make their nervousness worse. Establishing a healthy sleep routine a week or so out from the start of school will be helpful. Put them to bed at the same time each evening to make sure they get enough sleep. In the morning, make breakfast at the same time that they would be having breakfast during the school year. Having predictable routines create healthy habits for your child.

PROBLEM SOLVE- When your child is nervous, reassuring them isn't always the best solution. Saying things like "Everything will be ok" or "don't worry, things will be fine" actually do not help them at all. Most of their anxiety is caused by fear of the unknown so taking the approach of problem solving and asking them questions like "Why are you nervous?" or "What things do you think you are afraid of" would be better questions to ask. After getting the answers from your child, you can help minimize their fears by having answers to their questions and helping them to come up with solutions if certain scenarios do take place such as not being

able to find your locker, or not knowing where the bathroom is. The more prepared your child is with answers and solutions , the less anxious they will be.

RE-TELLING YOUR CHILDHOOD STORIES - Children love to hear our childhood stories of when we were young. If you can remember a few of them of when you were in their school-age years can be a mutually fun and bonding experience between you and you're son or daughter. Your child will be reassured and take comfort in the fact that you experienced a similar situation in your youth. Try and pick a story that relates to their current fears or scenario.

FOCUS ON THE POSITIVE- Encourage your child to focus on the positive experiences they are having in school. Asking them things like "What was the funniest thing that happened today in class?" or "What was the one really important thing that you learned in school today?" can be deterrents to any anxiety or worrisome behavior. There is a good chance that the fun or interesting aspects of school are simply being overlooked by the repetitive anxious feelings they are having.

BE CONFIDENT- You yourself might be feeling a little nervous about your child going to their first day of school, especially if they are younger and entering early grades such as kindergarten or first grade. No matter what you are feeling, always exude confidence when speaking about those

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TEEN TALK WITH ANA DEBERNARDO

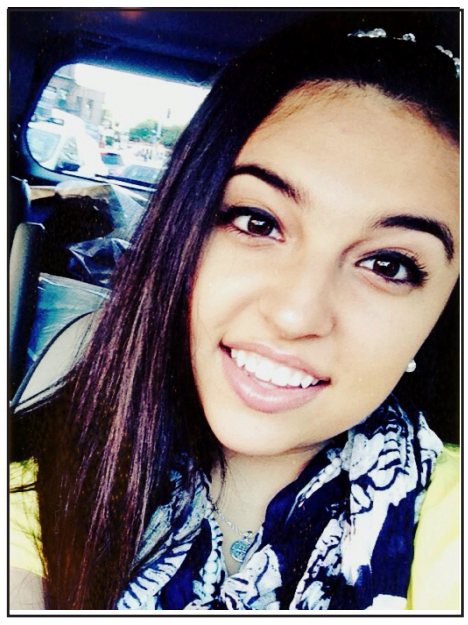
A Student's Recipe for Success

Students strive to do their best, and be their best in school. They join extracurriculars for the sake of being more involved than their friends. They play sports AND audition for the musical to become as "well-rounded" as humanly possible. Some even spend fortunes on tutors and sacrifice hours of their time at extra help, all for the sake of maximizing their full potential. But in order for this potential to be reached, why is the need to outperform other students such an important factor?

We've all enjoyed our fair share of healthy competition from time to time, whether it be on the field, in the workplace, or in the classroom. For many driven students, a little bit of academic antagonism is a more coercive force than the urges of their parents, or even their own desire for personal emolument. While this increased motivation to outperform one's own classmates can produce some encouraging results, students today are taking this competition in fatal doses. In cities around the nation, school has already been in session for weeks, but the "adjusting period" is a luxury these ambitious students can't afford. Hardly one month into the school year, some have already exhausted the rest and energy supply they accumulated over the summer.

Advanced Placement classes supposedly signify that a student has what it takes to enroll in college-level courses while still in high school. In reality, these aren't necessarily classes that students are interested in, but rather instrumental segments of the "perfect college resume". Material is no longer learned for educational gain, it is simply needed to pass a test. The test isn't passed out of sheer motivation, but instead is part of the process to build a GPA worthy of any admissions officer. This often requires memorizing and regurgitating when prompted, a lifestyle that can quickly become toxic to any student. Even weekends are reserved for college application padding. Community service, sports, camps, maybe even a musical instrument or two. Whatever can catch the eye of some important figure in the Admissions Office. Constant procrastination, late night study sessions, and of course, the abominable all-nighters—school becomes a messy obstacle course and the students are left to jump through its never-ending hoops.

Many studies show that anxiety has



been steadily increasing in the past decades. The average high school student today is said to have the same level of anxiety as a psychiatric patient in the early 1950's.

Psychologists have surmised several plausible reasons for such a notable increase in both anxiety and depression over the past fifty years. One of these is a significant decline in social connection. Today's society trains us for constant movement. Whether that be through job changes or relocations, this perpetual state of suspension leaves people with severed ties and an ultimate feeling of disconnection. The concept of marriage has gained a tired and burdensome reputation while the single life is romanticized amongst celebrities and through the media. All of these factors contribute to worry, anxiety, and depression.

So how does this tie in to the life of your average American high school student? Fear is the main source that fuels their eager frenzy for success. What if my grades aren't high enough? What if I fail this test? What will my parents say? Will I even get into college? What if I'm not involved enough? What will my teachers think? If there are two things that high school students fear, it's peer judgement and the future. Not knowing what's to come is ultimately responsible for the vigorous rivalry between classmates and friends. For that reason, all occasions which might avoid the worst possible "what if" scenarios must be taken

SUCCESS: PAGE 29

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Redeemed By The Blood Of The Lamb

Peter Larocque
VALLEY PATRIOT COLUMNIST

There is a wonderful verse of scripture that I would like to study with you and it is found in Ephesians chapter 1, verse 7, "In whom we have redemption through his blood, the forgiveness of sins, according to the riches of his grace."

First and foremost we see from the context here that the "in whom" is referring to Jesus Christ! The Bible plainly states in Acts 4:12, "that there is absolutely no other name under heaven given among men which by we must be saved." Ephesians goes on to say, "we have". In Jesus Christ we have! God doesn't want us having any doubts about our redemption in Jesus Christ! Romans 3:24 adds, "Being justified [made right] freely by his grace through the redemption that is in Christ Jesus."

Next in Ephesians, "Through his blood," this was the price paid for our redemption. We see in Acts 20:28, that we were purchased by his blood, and in 1Corinthians 6:20 we read that we were bought with a price, the price being his blood! Then in 1 Peter 1:18-19, we read, "Forasmuch as ye know that ye were not redeemed with corruptible things, as silver and gold, from your vain conversation received by tradition from your fathers; (19) But with the precious (costly) blood of Christ, as of a lamb without blemish and without spot:"

Now we come to a place where I differ from traditional teachings which some say that God had to pay the devil, Satan, to purchase us from sin. I don't believe God owes the devil anything. I do not believe for one moment that the devil or Satan had anything to do with our redemption. What I believe and submit to you for your edification is the following: Jesus Christ on the Cross is The Love of God, The Mercy of God, and The Grace of God paying The Holiness and Justice of God! (Read John 3:16) Once Jesus Christ said, "It is finished" our redemption was complete! Our redemption can stand in any court of law because our God is a God of Justice. The Resurrection of Jesus Christ from the Dead is our receipt for our Redemption!

Because of Adam, a man who disobeyed God, God had to legally purchase us with the precious blood of the man, Jesus Christ! Hebrews 9:22 tells us that "without the shedding of blood there is no remission." This is all summed up in Romans 5:19, "For as by one man's disobedience many were made sinners, so by the obedience of one shall many be made righteous."

Back to Ephesians 1:7, next God says we have the forgiveness of sins according to the riches of His grace! You see again we have without any doubt the forgiveness of sins. We have it! But yet because of wrong understanding we see people afraid to approach God because of some past sin that they believe God still holds over their heads. Folks, that simply is not true! We have forgiveness of sins, take a look a Romans 3: 24-25, "Being justified [given right standing with God] freely by his grace [the undeserved, unmerited, unearned favor of God] through the redemption that is in Christ Jesus: (25) Whom God hath set forth to be a propitiation [full payment] through faith in his blood, to declare his righteousness for the remission of sins that are past, through the forbearance of God;"

The main clause of our New Covenant with God today is found in Hebrews 10:17, "And their sins and iniquities will I remember no more." So if God has no memory of your sins, [past, present and future], after you got saved, born-again, why do you insist on remembering them?

It's time we as Christians walk in the New Covenant of Grace and stop living under the Old Covenant of Law! We believe in Creation but forget to live in Redemption!

Before I conclude this column, I would like to share with you from; Pastor Joseph Prince's Daily Devotional entitled Destined to Reign, entry for August 28.

"Now, it is easy for us to believe God for His blessings in creation. For example, we have no difficulty believing that the sun will rise every morning. But while we have no problems believing the work of creation, we have problems believing the work of redemption.

We sometimes find it hard to believe God for healing, provision, favor, protection or restoration—blessings that Jesus died to give us. We don't really believe that every day, the Lord will take care of

GOD: PAGE 29

IN THE GROOVE with Cindy Annis

In 1961, three brothers, with a cousin and a friend from Hawthorne, California formed a group that would forever define summer.

The original members of the Beach Boys were brothers Brian, Dennis, and Carl Wilson with their cousin Mike Love and friend Al Jardine. Brian, was the oldest of the three. He first started singing at age three. Listening to the "Four Freshmen", Brian learned how to harmonize, and taught his brothers how to sing. The boys would sing three-part harmony in their bedroom to help them fall asleep. Singing was a way for the boys to calm down after a confrontation with their abusive father, Murry Wilson. In 1959, the three brothers with their cousin performed in public for the first time at a talent show. In 1961, while Brian was going to school, he found his friend Al Jardin and asked him to join the group.

On October 3, 1961, the group, who first called themselves the Pendletons, released their first song called "Surfin". Candix records produced the song, but changed their name to The Beach Boys. After the song became a hit, The Beach Boys needed help making records. Feeling desperate, Brian asked his father Murry, to be their producer. He agreed.

Murry tried to get the band signed to record labels. Three labels turned them down until Capital Records took the band on. In October of 1962, "409" got as far as #76 on the charts as their first single. The flip side of "409" was "Surfin Safari", it went to #14 in August of '62.

In 1963, they released three LP's. "Surfer Girl," my favorite, went to #7 on the Billboard charts in August.

While they were on their first international tour, the Beatles came to town.

Brian Wilson felt threatened by the Beatles. They had the top three spots on the charts in 1964, and the Beach Boys had #5 with "Fun Fun Fun." Brian Wilson rushed back into the studio to write more songs. With the band's stress levels up, Brian and Murry had a fight in the studio that would lead to Murry being fired and Brian taking over.

The task of being a performer and a producer was too much for Brian. In 1964, while the band was on tour in Texas, Brian had a nervous breakdown. When the band came back to Los Angeles, Brian let them know that he wouldn't travel with the band anymore.

With time on his hands, Brian got into drugs. Pot and LSD would force his wife to leave him in 1965. She would come back under conditions of no drugs. That same year, the Beatles released "Rubber Soul".

Brian Wilson had an obsession with being better than the Beatles. He decided to create an album called "Pet Sounds". He had session musicians on all of the tracks. The other Beach Boys only sang on "Pet Sounds". It took 10 months and $70K to produce.

The 1970's were slow for the group. They didn't record any new songs. Drugs, alcohol, and fighting hurt the band. By 1979, Dennis was fired from the band due to his addictions.

On December 28, tragedy hit the Beach Boys. Dennis Wilson jumped off a boat into very cold water while under the influence of drugs and drowned.

In 1988, The Beach Boys were inducted into the Rock & Roll Hall of Fame. Later that year, after not having a hit record in years, "Kokomo" went to #1 on the charts. The music of the Beach Boys will never be forgotten.

Tune into Cindy's Vinyl Vault on 980 WCAP to hear the best songs from the Beach boys and your requests. Join our Facebook page at www.facebook.com/cindysvinylvault. You can also email us at cindysvinylvault@gmail.com. Remember, it's not how old it is, but how great it sounds!

SALISBURY: FROM PAGE 26

your meters back in until May and June, it's not fair and equitable but you are being charged for those other eight months when no water and sewer are going through your property."

"And it is not just me saying that it's not fair and equitable, it is the EPA saying that it is not fair and equitable. It must be charged to a sewer user fee system based on [water] usage," Saab said.

Atty. Paul Magliocchetti, who represents Salisbury Beach Citizens for Change said that he wants the EPA to reopen the grant since the town refuses to conform to the conditions of the sewer grants given to the town so that residents will be charged for sewer based on their actual usage.

"I just don't see how a town that spends $20 million upgrading a system, installing meters in every single home in the town, can say it is fair and equitable to not charge based on use. It doesn't make any sense. But the town of Salisbury does that."

"I am in the process of drafting a letter to Mark Spinale, making our case for the EPA to reopen the grant. If we can succeed in getting them to reopen the grants, they then will have the authority and the jurisdiction to oversee the town of Salisbury ... the EPA and the federal government will have authority to look into what is going on here in Salisbury."

Attorney Richard D'Agostino told the organization that he is working with Salisbury beach residents in what sounded like a possible class action against the town.

"There has been a betterment fee that is being paid, and has been paid by residents over the years. I have been approached by several residents, and looking at this just on the periphery, it aggrieves more than just several, it may aggrieve hundreds of you, maybe everyone. These folks feel like they have been aggrieved by the town and I just want to say that I am available in the back of the room. This is not to solicit business, this is an attempt to right a wrong here against the residents. I used to be the alderman of engineering in Lawrence, over 30 years ago. I ran the water and sewer department there. Enterprise funds are not to be raided as a 'sneak tax' to be used for the community. Equitable and fair is the standard, you are not supposed to be charged more than what a project costs (sewer project) and if the project didn't cost the town anything you are not supposed to be paying for it. These are some of the things that we are going to discuss."

Atty. D'Agostino said that anyone interested should contact him at dagostinolaw96@gmail.com

Next month Selectman Chuck Takesian defends the sewer betterment and says he supports sewer fees be charged by actual water usage.

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OLIVER:FROM PAGE 23

Donald Berwick never called Dr. Sacks a fine doctor, for example, though Sir Donald gushed all over Dr. Vivek Murthy.

The people of Massachusetts would be well advised to choose the likes of Dr. Sacks over Dr. Leape or Dr. Newton for their own care or their loved ones'. Dr. Sacks' own patients certainly did and remained under his care almost till the end of his life.

Choose a physician who lives for his or her patients, who values and celebrates individuals and their inalienable rights, someone who treats each individual as important, someone who is totally disruptive on behalf of his or her patient, someone totally your advocate.

The difference between Dr. Sacks and the standard teaching hospital variety could not be more stark.

Bharani Padmanabhan MD PhD is a neurologist who specializes in multiple sclerosis in the Boston area. scleroplex@gmail.com

ELECTION: FROM PAGE 12

tee and interviews with other applicants. The issue wasn't broached in regard to the City Attorney, at least not during the public portion of the meeting.

Due to the lack of regular meetings throughout the summer, the August 11 meeting dragged on until after 1am. It degenerated into total confusion at times. It's painful to watch these meetings. Of course our councilors enjoyed their "well deserved" summer vacation.

In a move that will violate the City Charter, Councilor Bernal has resigned to take the job of Mayor Rivera's Chief of Staff. Technically a councilor cannot take a city job during the term for which they were elected, even if they resign their position. The council can ask the State Legislature to grant them a waiver if they so desire.

Although ex-councilor Bernal may make a fine Chief of Staff, this doesn't look good and makes one wonder what, if any, deals were made regarding the Trust Act and other matters. This matter will be discussed at the Ordinance Committee meeting.

The Attorney General's office has ruled that the Council violated the Open Meeting Law during their January 13 meeting. See the article in this edition. I'll have an update next month.

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News from the American Legion

John Lenotte
VALLEY PATRIOT VETERAN COLUMNIST

As we get into the month of September we look to the baseball season ending, football season beginning, basketball and hockey soon to start. There is talk about "heroes". I prefer to consider them sports legends. Names like Bird, Havilcek, Orr, Esposito, Brady, Belichick, Williams and Yaztremski. My heroes who played sports do have names like Williams, Bleier, Staubach and Tillman. They all proudly served in the military.

Growing up in the 50's and 60's, there were a number of TV shows (Desert Fox, Combat and Victory at Sea) and a lot of movies (the Longest Day, Sands of Iwo Jima, Dirty Dozen, Guns of Navarone), way too many to mention here. And of course there was the classic story of Audie Murphy, (member of the 3rd Infantry Division) the most decorated veteran of World War II who later became a successful actor. Who can forget his movie "To Hell and Back".

As the saying goes, real heroes have fought for our country since the Revolution. I had the honor to recently visit the Cowpens, SC battlefield site and Valley Forge. Both noted in the history of the Revolution. I remember growing up the very large parades for both Memorial Day and Veterans Day. There would be a large number of marching groups, bands, drum and bugle corps and members of local National Guard units along with military vehicles. And the crowds that turned out were huge. I know in Lawrence, where I grew up, most of the city residents turned out for the parades. Like the Santa Parade in Haverhill, the vendors would be out selling goods and the crowds were large.

Although the last few years have seen a decent amount of residents turn out for the Memorial Day and Veterans Day parades here in Haverhill, as an example, the numbers pale in comparison to the Santa parade. And it appears to be so in most of our communities. I suppose some of this goes back to discontent in the 60s and 70s with the Vietnam War. But much time has past and we have lived through

John Lenotte is the recipient of the 2012 Valley Patriot Hero of the Year Award and is Commander of the Wilbur M. Comeau Post 4, Haverhill, MA; Past Department Commander, of Massachusetts The American Legion; contact: JohnLDistrict8@verizon.net

the 9/11 attacks, Iraq and Afghanistan and the continued War on Terror. We do have fewer numbers serving in the military. I see this as part of reality but also a change in our society and culture, which is not for the good. Veterans are not looking for a 'thank you' or accolades. It is respect for the sacrifices made by veterans and their families throughout our history. A respect too often not being taught in the classroom or the home. I recognize there are exceptions, but look around at what we see and do. I fear the sacrifices are not only taken for granted but worse, are being forgotten and overlooked by younger generations. Are you doing your part to instill this in younger members of your family? Are you setting the example? For so long the United States has been the leader of the free world. We cannot continue to do so unless the future generations value the sacrifices made and the sacrifices needed to continue this great democratic experiment that was declared in 1776.

I hope you will join me in showing the value of service to community, state and nation to our family, friends and neighbors.

John Lenotte, Commander – Wilbur M. Comeau Post 4, The American Legion, Haverhill MA; Past Commander – Department of MA. Contact: JohnLDistrict8@verizon.net

South Carolina Senator and candidate for president Lindsey Graham with Valley Patriot writer Christine Morabito fist bumping in Hudson NH.

GRAHAM: FROM PAGE 18

Graham: Put them in jail. And then deport them. The guy that killed Kate in San Francisco, Donald said was take all illegal immigrants, take them out of our jails, and send them back. The last thing I want to do is send back an illegal immigrant to Mexico where he may get out of jail, keep him here!

Marini: So what does it mean for the Republican Party to have Donald Trump on the top?

Graham: It's too early to tell. He's gotten a lot of frustration out; he's talking about things that people care about. At the end of the day, Hillary Clinton is imminently beatable. If we don't beat her, who we going to beat, and if we lose to a socialist we might as will hang it up. So, I've never seen a better opportunity for the Republican Party to win the White House than I do today.

The problem is, you're not going to win the White House getting 27% of the Hispanic vote.

Most Hispanics are hard working, entrepreneurial Catholics, very much aligned with our values how we talk about illegal immigration is going to determine our fate. In 2012, Romney said his biggest mistake, was to embrace self-deportation. It's just not a viable solution. We can't be on that, even to the right of that. So if we don't shoot ourselves in the foot, we're going to win. President Obama's foreign policy is a miserable failure. Our enemies are emboldened, our friends are scared and another 9/11 is coming, just as sure as I'm standing here. Obama has no clue about what he's doing. He's never run a lemonade stand. The reason the middle class is suffering is not because of rich people, it's because you can't create a job in this country.

So, I hope what we will do in the process of nominating somebody, is try to grow the party, talk about solutions that really will work to solve the problems. And not tell people things they want to hear out of frustration, but what we can actually do

BABIES:FROM PAGE 26

first days of school. Children can pick up and even mimic the vibes we put out there so keep your cool.

ROLE PLAY- How about a fun day of role playing? This is a great exercise for your child and will help them make a plan and feel more confident that he or she will be able to handle any situation that comes their way. Let your child play the demanding teacher role or reverse it and you play the teacher. Make up different scenarios that relate to the nervousness your child may be having and have them come up with solutions to their anxious feelings. It will be a great way to have your child learn how to problem solve.

Whether your an adult or a child, everyone experiences fear of the unknown feelings, especially in new situations. By helping your child harness this slight anxiety at a young age, you will be planting the foundation for them to become great problem solvers as they grow.

Cheryl Hajjar, President & CEO
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TEEN TALK:FROM PAGE 26

advantage of in order to blot out these questions that constantly lurk in the back of every students' mind. But at what cost? Is risking your own physical and mental health, and essentially signing away your childhood--your last chance at a minimal-stress-level lifestyle, worth it?

I'm not saying that putting in all this effort comes without reward, but students of all ages must learn to assimilate a few basic skills if they plan on staying sane throughout the process. Time management, reparation, thoroughness, nutrition, and sleep. These are vital steps to staying on track during the school year. Whether you're a freshman in high school or a senior in college, keeping your grades (along with everything else in your life) together can be a challenge. You will encounter obstacles and make mistakes along the way, but no one ever regretted working hard. Just remember to take a few breaks and enjoy life along the way. You won't only be grateful in the moment, but your future self will thank you too.

GOD:FROM PAGE 27

us, keep our bodies healthy and provide for all our needs. Yet, creation is fallen. It can be a blessing as well as a curse. Sometimes, a storm arises, and powerful winds and rains destroy thousands of homes and lives. Sometimes, dark clouds hide the sun and make the whole day gloomy. My friend, we can't put our trust in creation, but we can certainly put our trust in redemption. And unlike creation, the blessings of redemption are all good! The work of Jesus is not subject to the weather or anything else. The work of redemption is as sure as Jesus Himself. He died and rose again to be our High Priest who daily showers us with blessings!"

I couldn't have written that any better so I just decided to share it straight from the book.

Our Redemption along with forgiveness of sins is all according to the Riches of His Grace, which is The Undeserved, Unmerited, and Unearned Favor of God!

I leave you with this verse taken from Psalm 107:2, "Let the redeemed of the Lord say so, whom he hath redeemed from the hand of the enemy;"

We are redeemed by the blood of the Lamb!

Love you all,
Peter Larocque

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outcome from the AG was still an 'if'.

The " Initiative Petition Kick-off-Rally is September 26 & 27, in conjunction with the 26th Annual Boston Freedom Rally on the Boston Common.

MassCann/NORML the sponsors of the Freedom Rally planned the rally theme of "End Prohibition Sign The Petition" long before its members overwhelmingly voted to endorse Bay State Repeal on August 22nd.

"With that endorsement came over a dozen tables at which volunteers will oversee the placing of citizen's John Hancock's on petition blanks and use as a base of operation for walking the crowd that has grown since 1997, when under oath the city of Boston stated over 100,000 were in attendance," said Steven Epstein.

LOWELL - NEW ENGLAND SOCIETY OF BOTANICAL ARTISTS TO EXHIBIT A BIT OF HISTORY

The New England Society of Botanical Artists' geographic area covers some of the country's most historic and interesting landmarks. One of these is the historic city of Lowell, Massachusetts. Situated on the rushing Merrimack River, with its canals and locks, and the import of textile and dyes, it became a center of the textile industry in the early 19th century.

This fall, the New England Society of Botanical Artists will present an exhibit of over 50 paintings that reflect plants representing the all-important river and the old textile days: plants that grow along rivers, plants that were used to make textiles, and plants used to make dyes. Not all will be native to the area, but most will be.

The exhibit "Rivers, Textile and Dye Plants" will run from September 19 to October 24, 2015. Many know Lowell as a multi-cultural city. While no longer relying on its 19th century past for its economy, it is a new focal point for art, music, history and a world-class university, UMass Lowell. We hope to educate the public, showing how plants have played a huge part in the textile industry's past, and how a river gives life to many a plant species.

Botanical art and illustration combine science and art. Artists seek to understand the structure of plants and to communicate this knowledge in an aesthetically pleasing manner. It is a process that fuses precision with poetry.

Related Events: Lowell Parks & Conservation Trust presents A Walking Tour of Hawk Valley Farm in Lowell (Park at the end of Varnum Terrace), Saturday, October 3rd at 9am (No rain date) lowelllandtrust.org/content/hawk-valley. To attend, please RSVP to info@lowelllandtrust.org.

Mill City Grows presents 4th Annual Harvest Festival, Community Garden at North Common Saturday, September 26, 1-5:00pm, millcitygrows.org/

The Brush Art Gallery and Studios is located in the Lowell National Historical Park across the courtyard from the Visitor Center. This dynamic and captivating place was originally founded by the Lowell Historic Preservation Commission, U.S. Department of the Interior in 1982. The Brush presents museum quality exhibitions, educational programs, and has collaborated with many other nonprofit groups. Artists occupy studio spaces to interact with and educate the public on a weekly basis. Currently, thirteen studio artists produce paintings, illustration, photography, jewelry, sculpture, ceramics, quilts, and handwoven items. Associate artists display work in the common area. The Brush Art Gallery and Studios is a nonprofit, 501(c)(3) organization. The Brush is supported by Lowell National Historical Park and Eastern National.

EMail: director@thebrush.org

www.thebrush.org

Hours - Jan 1st - Mar 31: Wednesday - Saturday 11am-4pm, Sunday, 12-4 pm

April 1 - Dec 31st: Tuesday - Saturday 11am-4pm, Sunday, 12-4pm

AMERICAN TRAINING LIFE MATTERS AWARDS - Follow American Training Over the Rainbow and down the Yellow Brick Road to their annual Life Matters Awards Gala in Oz at the Andover Country Club on October 23rd. The event will boast a delicious meal, live music by Over 6, silent auctions, a 50/50 raffle, Emerald City and Witch's Castle candy bars, awards, great company, and American Training's signature WOW! Magic.

And lions, tigers, and bears, oh my! You can expect to see all of your favorite characters, those grumpy apple trees, endless poppies, rainbows, Emerald City, Munchkin City, even the Wizard, himself. Let yourself get lost in the magic and nostalgia of the Wizard of Oz.

Last year's award winners included Market Basket, Injured Workers Pharmacy, and Chase & Lunt Insurance as the Life Matters, Company of the Year, and Vendor of the Year, respectively. This year's winners will be announced in the coming weeks and honored at the October 23 event.

Silent auction prizes will include a wine tasting at Zorvino Vineyards in Sandown, N.H. and a pizza oven grill from Kettle Pizza, among others. Last year's 50/50 winner took home more than $4,000. This year's raffle just kicked off and is already over $500. Tickets can be purchased now by calling American Training at 978-685-2151. The winner, need not be present, and will be announced at the Gala. The 2015 sponsors list is growing and already includes Santander Bank, Technology Seed, and Eagle Staffing Services.

To become a sponsor, purchase tickets, or purchase a program ad, for the October 23rd evening event, please go to americantraininginc.com/event/GalaInOz or contact Kevin Farrell at 978-685-2151, ext. 6826. Tickets are $60 each, with tables of 8 for $400, sponsorships starting at $1,000, and program ads beginning at $100. By buying a ticket, ad or sponsorship, you are supporting the work American Training does every day. You are helping their dedicated and passionate family of Colleagues make life matter for each and every single person they serve. You are helping them bring out the best in everyone they touch.

LOWELL, MA - The Whistler House Museum of Art is pleased to announce its upcoming exhibition, Janet Lambert-Moore: A Creative Life. The exhibition will run from September 30 - November 7, 2015. An opening reception will be held on Sunday, October 4 from 1 to 4 pm in the Parker Gallery.

NECC PARTNERS WITH LAWRENCE, METHUEN SCHOOLS

Gov. Charlie Baker has released $105,000 to Northern Essex Community College to develop college-level academic, social and career-development opportunities for public high school students in Lawrence and Methuen with intellectual disabilities.

The Inclusive Concurrent Enrollment Initiative (ICEI) funds programs to support public high school children with intellectual and developmental disabilities, ages 18-22, who have not passed the MCAS exam. The programs are geared to allowing these students to participate in inclusive college courses.

Research shows students with intellectual disabilities benefit academically, transition to becoming young adults more easily and have greater success finding jobs when they have the opportunity to participate in college-related activities and experiences similar to their non-disabled peers.

"I am thrilled that Northern Essex Community College will be joining the Inclusive Concurrent Enrollment Program, and I especially want to recognize and thank NECC President Lane Glenn for his leadership on this initiative," said Sen. Barbara L'Italien, D-Andover, a member of the Legislature's Higher Education Committee. "These partnerships between local high schools and community colleges provide important opportunities for students with intellectual and developmental disabilities to attend college with their same-aged peers. This helps them learn the independence and self-advocacy skills they will need to secure employment and succeed in the adult world."

Funded by the Commonwealth since 2008, the Inclusive Concurrent Enrollment program has grown to include 14 public two-and four-year institutions supporting over 800 students.

"Increasing the diversity of our workforce to include more young adults with intellectual disabilities complements our administration's commitment to developing economic vitality," Gov. Baker said. "The Inclusive Concurrent Enrollment Initiative is a national model for building learning experiences and academic achievements for lifelong success."

During the 2015-16 school year, 130 students are enrolled in the ICEI program statewide.

Massachusetts is one of only a few states to provide college and university opportunities for young adults with intellectual disabilities while they are still in high school. Funding for the grant to Northern Essex Community College is provided in the state budget.

"Creating a variety of career development pathways for all students, including those with intellectual disabilities, is an important priority," Secretary of Education James Peyser said. "The academic and social opportunities in which these students will engage due to this grant program will afford them advantages over their peers and will prepare them well for the workforce demands of the future."

More information about the Inclusive Concurrent Enrollment Initiative can be

NEXT PAGE

NOTEBOOK CONTINUED

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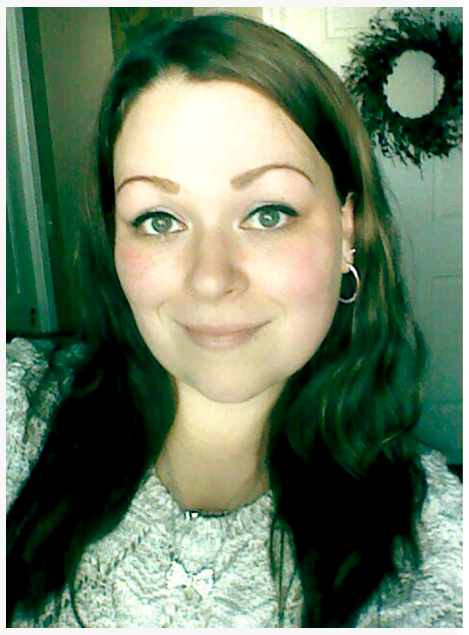
Letter: Teacher Speaks Out on Poor Treatment in Lawrence Schools

Kudos to you for publishing the article as well as to Amy Berard for speaking up about the LPS politics. I don't know her, but feel for her situation. It's a completely dysfunction school system and it seems that at least some of the leadership personnel have been appointed to their positions based on WHO they know rather than WHAT they know. Despite the data that's reported out by Riley, nothing has really changed. In fact, based on conversations that I've shared with former colleagues, the students attending Lawrence Public Schools are worse off. A single snapshot of students taking notes in the classroom does not speak volumes. There is a much larger story and the professionals working in the trenches could and should make their voices heard. The legitimate chatter is instead being quelled by the threat of livelihood, licensure, professional reputation and future employment opportunities. Lawrence is a very high profile school district and no one working in the system should have that much power.

Rosaria Canzonetta, Lowell

There's A War on Cops and I Stand with Police



Stephanie Jaskot
VALLEY PATRIOT COLUMNIST

We all owe our undying gratitude to public servants who put our safety above their own every single day. Police and firefighters unselfishly protect the public, remaining unbiased against the victims they help. Unfortunately, not everyone feels this way.

Recently, criminals dying at the hands of police because of their own choices and actions, seem to be receiving more sympathy in the press than the deaths of our own police officers.

The mentality that 'all police are bad' is far from the truth, and needs to come to an end.

Within the past year alone, law enforcement officer fatalities have increased by 16%. There have been 85 deaths so far in 2015, from January 1st through September 2nd, compared to 73 in the same time span in 2014.

While some blame this on lack of gun control, the facts do not support their position. Deaths relating to firearms have gone down by 13%. Traffic-related deaths surpass firearm-related deaths by 12, increasing a whopping 36% in the past year, as well as other causes increasing by 40%.

People involved with certain 'movements' are quick to point out deaths due to police, but what about the deaths of our police officers, who put their lives on the line to protect us every day?

Like everyone else, they have families whom they want to go home safely to every night. They want to see their children grow up, not have them live without their mother or father so young. When anyone breaks the law, there are consequences they have to face. Even criminals deserve a fair trial, but when your actions threaten the officer's safety and they have to make a quick, potentially life-saving decision, it could end tragically. Police officers are humans like everyone else...

Do you really think they want to have someone's death on their conscious?

NOTEBOOK: FROM 30

found at: http://1.usa.gov/1BkmiS2

METHUEN - FAMILY STYLE DINNER - Osteria Nino's "Pop-Up" Farm Dinner at Pleasant Valley Gardens hosts true "farm to table," family-style dinner in Methuen.

WHAT: On September 19th, the Osteria Nino team will travel to Methuen to host an authentic "farm to table" dinner at Pleasant Valley Gardens near the Merrimack River. This "pop-up" culinary event will feature Italian, family-style culinary creations paired with local beer and wine selections.

WHEN: Saturday, September 19th: Cocktails – 6pm; Dinner – 7pm at 255 Merrimack St., Methuen $80 per person (includes beverage, tax and gratuity. Reservations are required via EventBrite at: osterianinofarmdinner.eventbrite.com. This event is reserved for ages 21+.

METHUEN LIONS - The Methuen Lions have started off the new Lions year with an exciting schedule of events. Starting with a meet and greet of the district veterans with the Lions. Eye mobile providing free visual testing at the Veterans Week-end at the Lawrence Veterans stadium, providing 265 pair of glasses to be distributed to needy children,partnering with Nevins Library to provide a drop-off center for used glasses,making plans for a new member drive,and setting up a seiies of social dinner gatherings, it promises to be a new and exciting year.

The immediate future includes a Halloween fund raiser at Fuddruckers at the Village Mall with prizes for the best childrens' costumes - details in the attached flier, expanding the eye glass donation centers,a visit from the 1st Vice District governor and regular dinner meetings at the sons of Italy on Merrimac street,Methuen on the 2nd and 4th Thursday of each month.

The club welcomes all new members and those who would like to discover what Lionism is all about to follow the Methue Lions on Facebook and Twitter and drop in to a meeting to discover a hidden jewel of the Methuen charitable life.

DOCTORS EXPRESS COMES TO METHUEN: FROM PAGE 16

we are ready to take care of you."

"We maintain the highest standards of quality, even though we have one rule that we try to stick to, which is: to get the patient in and out within an hour. We have done extremely well in North Andover over the last several months. We have really kept that one hour timeframe with a few minor exceptions."

"Some people wonder, 'if you're seeing patients that fast are you really providing the quality of care?' Yes, we are."

"We run a very efficient operation, and we have a great team that works really well together to make sure that patients can get in, and get out, within an hour."

"Urgent care is really exciting also, because it provides an alternative to the emergency room care. Emergency rooms should really take care of very sick patients. Most patients today are waiting several hours in the emergency room, but, you can come here and be seen and treated very quickly. You don't have to wait three to four hours. I'm honored and privileged to be in this position. I look forward to this partnership. I look forward to growing this place and becoming part of the Methuen community. I'm sure everyone here will be as receptive to us as North Andover has been. I will make sure as medical director that we maintain the highest levels of care and we will take care of you, and your family, and what you need."

REGULATIONS UNDER REVIEW

Governor Baker's Secretary of Housing and Economic Development, Jay Ash was on hand posing for selfies with the staff, and touring the facility. When The Valley Patriot told him of the over burdening state regulations that delayed the opening of Doctors Express, Ash said that by March of next year, the Baker administration will be revealing the results of reviewing all 2,250 state regulations in the commonwealth.

"By March, we will have a new plan out. Under the finance secretary we are reviewing every regulation ... I said every regulation .... in the commonwealth. That's all 2,250 regulations that govern business and other things in Massachusetts," he said.

"We are reviewing each one of them, and we are reviewing with the idea of, how can we streamline things, how can we make things quicker, better, but still maintain the same quality of life that we want in the commonwealth. Every agency is reviewing every regulation and you could see as many as 25% to 50% of the regulations with meaningful changes as a result of the review."

Asked if all of those changes needed to go through the legislative process, Ash said that some will, but some will not.

"Some of the regulations will be legislative, some will be administrative. We can't guarantee legislative action, but on the ones that are administrative we can certainly do those."

REMEMBERING JOE PAPPALARDO

State Representative Linda Dean Campbell said Doctors Express is a welcome addition to Merrimack Street and lamented that developer Joe Pappalardo wasn't around to see the grand opening.

"Any of you that have small children know that a day can be very long at Holy Family, so this is a wonderful thing for the community, it's so much needed."

"But, I think Joe Pappalardo, today would be smiling," she continued. "We

lost Joe not too long ago. The quality of his developments and his vision to bring a medical community here to this Merrimack Street area of Methuen was a vision of his that is fulfilled now. I want to thank Doctors Express for being a part of that and I'm sure he is smiling down on us right now."

A LONG ROAD

State Representative Diana Dizoglio said she was thrilled to see the Doctors Express finally opened.

"This has taken a long time" she said as she got a hug from owner Lisa Williams.

"Lisa called me a couple of months ago; Lisa and Tom are friends of mine from North Andover and have been for a few years, and they said that they were having some issues getting this place up and running. They had some issues with regulations from the state that were stopping them from opening here in the community. So, we worked very hard with North Andover Selectman Phil Decologero, as well as many of you here today, to help with those regulations, and contact DPH to ask them to re-examine the cause of [Doctors Express] not being able to open."

"We were very happy to see that within two weeks DPH was out here and were able to fix whatever the problem was and get this place open to serve the Methuen community."

"It was a long haul, but we were able to work together. This is a great example of why we need public-private partnerships, and why we need to have government officials partnering together with the business community and the people who are creating jobs in this area. Dizoglio presented a citation from the House of Representatives signed by the speaker.

Senator Ives and other dignitaries welcomed the owners, Tom and Lisa Williams, to Methuen as Methuen residents were treated to food and drinks and were given a chance to tour the building.

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